

THE ENGLISH HOUSE-WIFE.

CONTAINING

The inward and outward Vertues which ought to be in a compleat Woman.

As her skill in Physick, Surgery, Cookery, Extraction of Oyles, Banqueting stiffe, Ordering of great Feasts, preserving of all sorts of Wines, conceited Secrets, Distillations, Perfumes, ordering of Wooll, Hemp, Flax, making Cloth, and Dying, the knowledge of Dayries, Office of Malting of Oates, their excellent uses in a Family, of Brewing, Baking, and all other things belonging to an Household.

✓ A Work generally approved, and now the fifth time much augmented, purged, and made most profitable and necessary for all men, and the generall good of this KINGDOME.

By G. M.



LONDON.

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To the Right

HONOURABLE

And most excellent Lady, FRANCIS Countesse
DOWAGER of EXETER.

Howsoever (Right Honourable and most
vertuous Lady) this book may come to
your Noble goodnesse clothed in an old
name or garment, yet doubtlesse (excel-
lent Madam) it is full of many new ver-
tues which will ever admire and serve you; and though
it can adde nothing to your own rare and unparelleld
knowledge, yet may it to those noble good ones, which
will endeavour any small sparke of your imitation,
bring such a light as may make them shine with a
great deal of charity. I do not assume to my selfe
(though I am not altogether ignorant in ability to judg
of these things) the full intention, and scope of this
whole work: for it is true great Lady, that much of it
was a Manuscript, which many yeares agoe belonged
to an honourable Countesse, one of the greatest Glo-
ries of our Kingdome, and were the opinion of the
greatest Physicians which then lived; which being now
approved by one not inferiour to any of the profession
I was the rather imboldned to send it to your blessed

hand, knowing you to be a Mistresse so full of honorable piety and goodnes, that although this imperfect offer may come unto you weak and disable, yet your noble ver-tue will support it, and make it so strong in the world, that I doubt not but it shal do service to all those which will serve you, whilest my selfe and my poore prayers, shal to my last gasp labour to attend you.

The true admirer of your
Noble vertues.

GERVASE MARCHAM,

THE

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THE



The approved

BOOKE

Called the

ENGLISH HOUSE-WIFE,

CONTAINING

All the vertuous knowledges and actions both of mind
and body, which ought to be in any compleat House-
wife of what degree or calling soever.

The second Book.

CHAP. I.

Of the inward vertues of the mind, which ought to be in
every Housewife. And first of her generall knowledges
both in Physick and Surgery, with plain approved medi-
cines for health of the House-hold; also the extraction
of excellent Oyles fit for those purposes.



AVING already in a summary briefnesse
passed through those outward parts of
Husbandry which belong unto the per-
fect Husbandman, who is the Father and
Master of the Family, and whose Of-
fice and employments are ever for the
most part abroad, or removed from the house, as in the
field or yard: It is now meet that we descend in as
orderly a Method as we can, to the office of our Eng-
lish

lish *Houſwife*, who is the mother and Miſtris of the family, and hath her moſt generall employments within the houſe; where from the generall example of her vertues, and the moſt approved ſkil of her knowledges thoſe of her Family may both learn to ſerve God and ſuſtain man in that godly, and profitable ſort which is, required of every true Chriſtian.

a Houſwife
muſt be religious.

Fiſt then to ſpeak of the inward vertues of her mind, ſhe ought, above all things, to be of an upright and ſincere religion, & in the ſame both zealous and conſtant, giving by her example, an incitement and ſpur, unto all her family to perſue the ſame ſteps, and to utter forth by the inſtruction of her life, thoſe vertuous fruits of good living, which ſhall be pleaſing both to God and his creatures; I doe not meane that herein ſhe ſhould utter forth that violence of ſpirit which many of our vainly accounted pure *women* do, drawing a cōtempt to the ordinary Miniſtery, and thinking nothing lawful but the fantaſies of their own inventions, uſurping to themſelves a power of preaching and interpreting the holy word, to which only they ought to be but hearers and believers, or at the moſt but moſt perſuaders, this is not the office either of good Houſ-wife or good woman. But let our English Houſ-wife bee a godly, conſtant, and religious woman, learning from the worthy Preacher and her husband, thoſe good examples which ſhe ſhal with all careful diligence ſee exerciſed amongſt her ſervants.

In which praſtiſe of hers, what particular rules are to be obſerved I leave her to learne of them who are profeſſed Divines and have purpoſely written of this argument; only thus much will I ſay, which each ones experience will teach him to be true, that the more careful

careful

ful the maſter and miſtris are to bring up their ſervants in the daily exerciſes of Religion toward God, the more faithfull they ſhal find them in all their buſineſſes towards men, and procure Gods favour the more plentifully on all the houſhold: and therefore a ſmall time morning and evening beſtow'd in prayer and other exerciſes of religion, wil prove no loſt time at the weeks end.

Next unto this ſanctity and holines of life, it is meet that our English Houſ-wife be a woman of great modesty and temperance, as well inwardly as outwardly; inwardly, as in her behaviour and carriage towards her husband, wherein ſhe ſhall ſhun all violence of rage, paſſion and humour, coveting leſs to direct then to be directed, appearing ever unto him pleaſant, amiable, & delightful, and though occaſion miſhaps, or the miſgovernment of his will may induce her to contrary thoughts, yet vertuously to ſuppreſs them, and with a mild ſufferance rather to cal him home from his error then with the ſtrength of anger to abate the leaſt ſpark of his evil, calling in her mind that evil and uncomely language is deformed though uttered even to ſervants, but moſt monſtrous and ugly when it appears before the preſence of a husband: outwardly, as in her apparel and diet, both which ſhe ſhal proportion according to the competency of her husbands eſtate and calling making her circle rather ſtrait then large, for it is a rule if we extend to the uttermoſt, we take away increaſe, if we go a hair bredth beyond, we enter into conſumption: but if we preſerve any part, we build ſtrong torts againſt the adverſaries of fortune. provided that ſuch preſervation be honeſt and conſcionable: for as laſtiſh prodigality is brutiſh, ſo miſerable covetouſneſſe is helliſh,

She muſt be temperate.

Other Garments. hellish. Let therefore the Hus-wives garments be comely and strong made aswel to preserve the health, as adorn the person, altogether without toyish garnishes; or the glosse of light colours, and as far from the vanity of new and fantastick fashions, as neer to the comely imitations of modest Marrons: let her diet be wholsome and cleanly; prepared at due hours, and Cookt with care and diligence, let it be rather to satisfie nature, then our affections, and apter to kil hunger then revive new appetites; let it proceed more from the provision of her own yard, then the furniture of the Markets; and let it be rather esteemed for the familiar acquaintance she hath with it, then for the strangeness and rarity it bringeth from other Countries.

Her generall vertues,

To conclude, our English Hus-wife must be of chaste thought, stout courage, patient, untired, watchfull, diligent, witty, pleasant, constant in friendship, full of good Neighbour-hood, wise in Discourse, but not frequent therein, sharpe and quick of speech, but not bitter or talkative, secret in her affaires, comfortable in her counsels, and generally skilful in the worthy knowledges which do belong to her Vocation, of all; or most whereof I now in the ensuing discourse, intend to speak more largely.

OF
Her vertues
in Physick.

To begin then with one of the most principal vertues which doth belong to our English House-wife; you shal understand, that sith the preservation and care of the family touching their health and soundnesse of body consisteth most in the diligence: it is meet that she have a phisicall kind of knowledge, how to administer many wholsome receipts or medicines for the good of their healths, as wel to prevent the first occasion of sickness, as to take away the effects and evill of the same, when

it hath made lesure on the body. Indeed we must confesse that the depth and secrets of this most excellent Art of Phisicke, as farre beyond the capacity of the most skilfull woman, as lodging onely in the brest of learned professor, yet that our House-wife may from them receive some ordinary rules & medicines which may avails for the benefit of her Family, as (in our common experience) no derogation at all to that worthy Art. Neither do I intend here to lead her minde with all the Symptomes, accidents, & effects which go before or after every sickness, as though I would have her to assume the name of a Practitioner, but only relate unto her some approved medicines, and old doctines which have been gathered together, by two excellent and famous Phisicians, and in a Manuscript given to a great worthy Countesse of this Land, (for

Dr Barker.
Dr Bomelius?

first then to speak of Feavers or Agues, the House-wife shal know those kinds thereof; which are most familiar and ordinary, as the *Quotidian* or daily ague, the *Tertian* or every other day ague, the *Quartan* or every third dayes ague, the *Pestilent*, which keepeth no other in his fit, but is more dangerous and mortal: and lastly the accidental Fever, which proceedeth from the receipt of some wound or other, painfull perturbation of the spirits. There be sundry other Fevers which comming from Consumptions, and other long continued sicknesses, do altogether surpasse our Hus-wives capacity.

Of Fevers in
generall.

Of the quotidian.

First then for the *quotidian*, (whose fits alwayes last above twelve hours) you shall take a new laid egg, and opening the crown you shall put over the white, then fill up the shell with good *Aquavite*, and stir it and the yolk very well together, and then as soone as you feel your cold fit begin to come upon you, sup up the egg, and either labour til you sweat, or else laying great store of cloaths upon you, put your self in a sweat in your bed, & thus do while your fits continue and for your drink let it be onely posset ale.

Of the single Tertian.

For a single *Tertian* fever, or each other days ague, take a quart of posset ale, the curd being well drained from the same, and put therunto a good handfull of *Pandilion*, and then setting it upon the fire, boile it till a fourth part be consumed, then as soon as your cold fit beginneth, drink a good draught thereof, and then either labour till you sweat, or else force your self to sweat in your bed, but labour is much the better, provided that you take not cold after it, and thus do whilst your fits continue, and in all your sicknesse let your drink be posset ale thus boyled with the same hearb.

Of the accidental Fever.

For the accidentall Fever which commeth by means of some dangerous wound received, although for the most part it is an ill sign, if it be strong and continuing yet many times it abateth, and the party recovereth when the wound is well tended and comforted with such soveraign balmes, and hot oyles as are most fit to be applied to the member so grieved or injured: therefore in this Fever you must respect the wound from whence the accident doth proceed, and as it recovereth to you shall see the fever waik and diminish.

For the *Hettrique* fever which is also a very dangerous sicknesse,

sicknesse, you shall take the oyl of Violets, and mixe it with a good quantity of the powder of white *Poppie seed* finely searst, and therewith annoint the small and reins of the parties back, evening and morning, and it will not onely give ease to the Fever, but also purge and cleanse away the dry scalings which is ingendred either by this or any other fever whatsoever.

Of the Fever Letnick.

For any fever whatsoever, whose fit beginneth with a cold, Take a spoonfull and a half of *Dragon* water, a spoonfull of *Rosewater*, a spoonful of running water, a spoonfull of *Aquavite*, and a spoonfull of *Vinegar*, half a spoonfull of *Methridate* or lesse, and beate all these well together, and let the party drink it before his fit begin.

For the quartan or for any fever.

It is to be understood, that all fevers of what kind soever they be, and these infectious diseases, as the *Pestilence*, *Plague*, and such like, are thought the inflammation of the bloud, infinitely much subject to drought; so that, should the party drink so much as he desired, neither could his body contain it, nor could the great abundance of drink do other then weaken his stomach, and bring his body to a certain destruction.

Of thirst in fevers.

Wherefore, when any man is so overpressed with desire of drink, you shall give him at convenient times either posset ale made with cold herbs, as *forrell*, *purslen*, *Violet* leaves, *Lettrice*, *Spinnage*, & such like, or else a *Julip* made as hereafter in the pestilent fever, or some *Almond* milk: and betwixt those times, because the use of these drinks will grow wearisome and lothsome to the patient, you shall suffer him to gargl in his mouth good wholsome beer or ale, which the patient best liketh, and having gargled it in his mouth, to spit it out again,

and then to take more, and thus to do as it as he pleaseth, till his mouth be cooled: provided, that by no meanes he suffer any of the drink to goe downe, and this wil much better assuage the heat of his thirst then if he did drink; and when appetite desireth drink to go down, then let him take either his Julip or his almond milk.

For any ague
fore,

To make a pultis to cure any ague-fore, take elder leavs and leech them in milk till they be soft, then take them up and strain them, and then boyle it againe till it be thick, and so use it to the fore as occasion shall serve.

The quartaine
Fever,

For the Quartaine Fever, or third day ague, which is of all Fevers the longest lasting, and many times dangerous Consumptions, black Jaundies, and such like mortall sicknesses follow it: you shal take Methridate and spread it upon a Lymon slice, cut of a reasonable thicknesse, and so as the Lymon be covered with the Methridate; then bind it to the pulse of the sicke mans wrist of his arm about an hour before his fit doth begin, and then let him go to his bed made warm, and with hot cloathis laid upon him, let him try if hee can force himself to sweate, which if he doe, then halfe an hour after he hath sweate, he shall take hot posset-ale brewed with a little Methridate, and drinke a good draught thereof, and rest till his fit be passed over: but if he be hard to sweate, then with the said posset-ale also you shall mixe a few bruised Anny-seeds, and that will bring sweate upon him: and thus you shall do every fit till they begin to cease, or that sweate come naturally of its own accord, which is a true and manifest sign that the sickness detreafeth.

To make one
sweat,

For

For the Pestilent Fever which is a continuall sickness full of infection and mortality, you shall cause the party first to be let blood if his strength will bear it: then you shall give him coole Julips made of Endive or Succory water, the sirrop of Violets, conserve of Barberries, and the juyce of Lymons well mixed and simboliz'd together.

The pestilence
Fever,

Also you shal give him to drink Almond milk made with the decoction of coole hearbs, as violet leaves, strawberry leaves, french mallows, purslane, and such like; and if the parties mouth shall through the heat of his stomach or liver inflame or grow sore, you shall wash it with the sirrop of Mulberies; and that will not only heale it, but also strengthen his stomach, (It as it is most common in this sickness) the party shal grow costive, you shal give him a suppository made of honey, boyld to the height of hardnesse, which you shall know by cooling a drop thereof, and so if you find it hard, you shal then know that the honey is boyld sufficiently: then put salt to it, and so put it in water, and work it into a roule in manner of a suppository, and administer it, and it most assuredly bringeth no hurt, but ease to the party. of what age or strength soever he be: during his sickness you shall keep him from all manner of strong drinks, or hot spices, and then there is no doubt of his recovery.

To preserve your body from the infection of the plague, you shal take a quart of old ale, & after it hath risen upon the fire, and hath bin scummed, you shal put therinto of *Aristolochia longa* of *Angelica*, & of *Cellandine* of each half a handtul, & boyl them well therin; then strain the drink through a clean cloth, & dissolve therein a dram of the best *Methridate*, as much I very

A preservative
on against the
plague.

finely

finely powdred and searft, and six spoonfull of *Dragon* water, then put it up in a close glasse; and every morning fasting take five spoonfull therof, & after bite and chaw in your mouth the dried root of *Angelica*, or smel on a nose-gay made of the tasseld end of a ship rope, and they wil surely preserve you from infection.

For infection
of the plague.

But if you be infected with the plague, and feel the assured signes therof, as pain in the head, drought, burning, weaknes of stomach, and such like: Then you shal take a dram of the best *Methridate*, and dissolve it in three or four spoonfull of *Dragon* water, and immediately drink it off, and then with hot cloaths or bricks made extream hot, and laid to the soles of your feet, after you have been wrapt in woollen cloaths, compel your self to sweat, which if you do, keep your self moderately therein till the sore begin to rise; then to the same apply a live Pidgeon cut in two parts, or else a plaister made of the yolk of an Egg, Hony, hearb of grace chopt exceeding small, and wheat flower, which in very short space will not only ripen, but also break the same without any other incision; then after it hath run a day or two, you shall apply a plaister of *Melilot* unto it untill it be whole.

For the Pestilence.

Take *Fetherfew*, *Maleselot*, *Scabious*, and *Mugwort*, of each a like, bruise them and mix them with old ale, and let the sick drink thereof fixe spoonfull, and it will expell the corruption.

Another.

Take *Yarrow*, *Tansie*, *Fetherfew*, of each a handfull, and bruise them well together, then let the sick party make water in the hearbs, then strain them, and give it the sick to drink.

A preservation
against the
Pestilence.

Take of *Sage*, *Rue*, *Brier leaves*, or *Elderleaves*, of each an handfull, stamp them and strain them with a quant

of white wine and put thereto a little Ginger, and a good spoonfull of the best *Treacle*, and drink thereof morning and evening.

Take *Smalledge*, *Mallowes*, *Wormwood*, and *Rue*, stamp them wel together, and fry them in oyle *Olive*, till they be thick, plaisterwise apply it to the place where you would have it rise, and let it lye untill it break, then to heal it up, take the juyce of *Smallage*, *wheatflower*, & milk and boyl them to a pultis, and apply it morning and evening till it be whole.

How to draw
plague both
to any place
you will.

Take of *Burrage*, *Langdebeef*, and *Calamint*, of each a good handfull, of *Harts tongue*, *Red mint*, *Violets*, and *Marigold*, of each half a handfull, boyl them in white wine or fair running water, then add a penny worth of the best *Saffron*, and as much *Sugar*, and boyl them over again well, then strain it in to an earthen pot, and drink thereof morning and evening, to the quantity of seven spoonfulls.

A Cordiall for
any infection
at the heart.

Take *Linseed* and *Lettice*, and bruise it wel, then apply it to the stomach, and remove it once in four hours.

Against too violent sweating

For the Head-ach, you shal take of *Rose-water*, of the juyce of *Camomil*, of *womans milk*, of strong wine vinegar of each too spoonfull, mixe them together well upon a chaffing dish of coales: then take of a piece of a dry rose cake and steep it therein, and as soon as it hath drunk up the liquor and is thoroughly hot, take a couple of sound *Nutmegs*, grated to powder and strow them upon the rose-cake; then breaking it into two parts, bind it on each side, upon the temples of the head, so let the party lye down to rest, and the paine will in a short space be taken from him.

For the head-ach.

For *Frenzie* or inflammation of the calles of the brain, you shal cause the juice of *Beets* to be with a *Sorrindge* squirted

For the Frenzy

squirted up into the patients nostrils, which wil purge and cleante his head exceedingly; & then give him to drink posset ale, in which *Violet* leaves and *Lettice* hath been boyled, and it will sodainly bring him to a very temperate mildnesse, and make the passion of Frenzie forsake him.

For the le
chargy.

For the *Lethargie* or extream drowlines, you shal by all violent meanes either by noise or other disturbances, force perforce keep the party from sleeping; and whensoever he calleth for drink, you shal give him white wine and *Isop* water of each a little quantity mixt together, and not suffer him to sleep above four hours in four and twenty, til he come to his former wakefulness, which as soon as he have recovered, you shal then forthwith purge his head with the juyce of *Beets* squirted up into his nostrils as it is before shewed,

To provoke
sleep.

But if any of the family be troubled with too much watchfulness, so that they cannot by any meanes take rest, then to provoke the party to sleep, you shall take of *Saffron* a Dram dried, and beaten to powder, and as much *Lettice seed* also dried, and beaten to powder, and twice as much white *Poppie seed* beaten also to powder, and mixe these with womans milk till it be thicke salve, and then bind it to the temples of the head, and it will soon cause the party to sleep; and let it lie on not above four houres.

For the swi
ming of the
head.

For the swimming or dizzing in the head, you shall take of *Agnus castus*, of *Broomie wort*, and of *Camomile* dried, of each two drammes mixt with the juyce of *f-vie*, oyle of *Roses*, and white wine, of each like quantity, till it come to a thicke salve, and then binde it to the temples of the head, and it will in short space take away the griefe.

For

For the Apoplexie or palsie, the strong sent or smell of a Foxe is exceeding soveraigne, or to drinke every morning half a pint of the decoction of *Lavendar*, and to rub the head every morning and evening exceeding hard with a very clean course cloath, whereby the humours may be dissolved and disperst into the outward parts of the body: by all meanes for this infirmity keep your feet safe from cold or wet, and also the nape of your neck, for from those parts it first getteth the strength of evill and unavoidable pains.

For a cough or cold but lately taken, you shal take a spoonful of *Sugar* finely beaten and serst, & drop into it of the best *Aquavita*, untill all the *Sugar* be wet through, and can receive no more moysture: then being ready to lye down to rest, take and swallow the spoonfull of *Sugar* down, and so cover you warme in your bed, and it will soon break and dissolve the cold. But if the cough be more old & inveterate, & more inwardly fixt to the lungs, take of the powder of *Betto-*

For a new
cough.

ny, of the powder of *Carraway seeds*, of the powder of *Shervit* dried, of the powder of *Hounds tongue*, and of *pepper* finely beaten, of each two drams, and mingling them wel with clarified *hony* make an electuary thereof and drink it morning and evening for 9 days together; then take of *sugar-candy* coarsly beaten, an ounce of *Licoras* finely peared & trimed, and cut i to very little small slices, as much of *Anniseeds* and *Coriander seeds*, half an ounce; mix all these together and keep them in a paper in your pocket, and ever in the day time when the cough offendeth you, take as much of this dredg as you can hold between your thumb and fingers & eat it, and it will give ease to your grief: and in the night when the cough taketh you, take of the juyce of *licoras*

as

as two good Barley cornes, and let it melt in your mouth and it will give you ease.

For the falling
sickness.

Although the falling-sickness be seldome or never to be cured, yet if the party which is troubled with the same, wil but morning and evening, during the wane of the moone, or when she is in the sign *Vergo*, eat the berries of the hearb *Asterton*, or beare the hearbs about him next to his bare skin, it is likely he shal find much ease and sal very seldome, though this medecine be somewhat doubtfull.

For the falling
evill.

For the falling evill take, if it be a man, a female *mole*, if a woman a male *mole*, and take them in *March*, or else *Aprill*, when they go to the Buck: Then dry it in an oven, & make powder of it whole as you take it out of the earth, then give the sick person of the powder to drink evening and morning for 9 or 10 daies together.

an Oyle to
help hearing.

To take away deafnes, take a gray Eele with a white belly, & put her into a sweet earthen pot quick, & stop the pot very close with an earthen cover, or some such hard substance: then dig a deep hole in a horse dung-hill, and set it therein, and cover it with the dung, and so let it remain a fortnight, and then take it out and clear out the oil which will come of it, and drop it into the imperfect eare, or both, if both be imperfect.

For the Rhume

To stay the flux of the Rhume, take Sage and dry it before the fire, and rub it to powder: then take bay-salt and dry it and beat it to powder, and take a Nutmeg and grate it, and mixe them all together, and put them in a long linnen bag, then heat it upon a tile stone and lay it to the nape of the neck.

For a stinking
breath.

For a stinking breath, take Oak buds when they are new budded out, & distil them, then let the party grieved nine mornings, and nine evenings, drink of it, then

then forbear a while, and after take it again.

To make a vomit for a strong stinking breath, you must take of *Antimonium* the weight of three Barley cornes, and beat it very small, and mixe it with conserve of Roses, and give the Patient to eare in the morning, then let him take nine dayes together the juice of Mints and Sage, then give him a gentle purgation, and let him use the juice of Mint and Sage longer. This medicine must be given in the spring of the year, but if the infirmity come for want of digestion in the stomach then take *Mints*, *Marjoram*, and *Wormwood*, and chop them small, and boyl them in *Malmsey* till it be thick, and make a plaister of it, and lay it to the stomach.

A vomit for
an ill breath.

For the *Tooth-ache*, take a handful of *Dafie-roots*, and wash them very clean, and dry them with a cloth, and then stamp them: and when you have stamped them a good while, take the quantity of half a natshel full of Bay-salt, and strew it amongst the roots, and then when they are very well beaten, strain them through a clean cloth: then grate some *Cattham Aromaticum*, and mixe it good and stiff with the juice of the roots, and when you have done so, put it into a quill, and snuffit up into your nose, and you shall find ease.

For the Tooth
ach.

Another for the *Tooth-ach*, take small Sage, *Rue*, small *Eetherfew*, *Worm-wood*, and *Mints*, of each of them half a handfull, then stamp them wel all together, putting thereto four drams of *Vinegar*, and one dram of Bay-salt, with a penny worth of good *Aqua vite*, stir them well together, then put it between two linnen clouts of the bignesse of your cheek, temples, and jaw, and quilt it in a manner of a course imbroidery: then set upon a chafing-dish of coales, and as hot as you may abide it, lay it over the side where the pain is, and lay you

Another.

you down upon that side, and as it cooles warme it again, or else have another ready warme to lay on.

For drink for a
pearl in the
eye.

To make a drink to destroy any pearle or film in the eye: take a good handfull of Marigold plants, and a handfull of Fennell, as much of May-weed, beat them together, then strain them with a pint of beer, then put it into a pot, and stop it close that the strength may not go out; then let the offended party drink thereof when he is in bed, and lie of that side on which the pearl is, and likewise drinke of it in the morning next his heart when he is risen.

For paine in
the eyes.

For paine in the eyes, take Milk when it comes new from the Cow, and having filed it into a clean vessell, cover it with a pewter dish, and the next morning take off the dish, and you shall see a dew upon the same, and with that dew wash the pained eyes, & it will ease them.

For dim eyes

For dim eyes, take Wormwood beaten with the gall of a Bull, and then strain it, and annoint the eyes therewith, and it will cleer them exceedingly.

For sore eyes

For fore eyes, or bloud-shotten eyes: take the white of an egge beaten to oyle, as much Rose-water, and as much of the juyce of Houf-leek, mixe them well together, then dip flat plegants therein, and lay them upon the fore eyes, and as they dry, so renew them again and wet them, and thus do till the eyes be well.

For watery
eyes

For watery eyes, take the juice of *Affodill*, *Mirrhe*, and *Saffron*, of each a little, & mix it with twice so much white wine, then boyle it over the fire then strain it & wash the eyes therewith, and it is a present help.

For a canker.

For a canker, or any sore mouth: take *Chervile* and beat it to a salve with old Ale and *Alum* water, and annoint the sore therewith, and it will cure it.

A swelled
mouth.

For any swelling in the mouth: take the juyce of worm

wood

wood, *Cammomill*, and *Shirwitt*, and mixe them with honey, and bath the swelling therewith, and it will cure it.

For the *Quinsie*, or *quinancie*, give the party to drink the hearb *Mousecare* steeped in Ale or Beere, and look where you see a Swine rub himself, and there upon the same place rub a sleight stone, and then with it sleight all the swelling, and it will cure it.

If you would not be drunk, take the powder of *Betony* and *Coleworts* mixt together; and eat it every morning fasting, as much as will lie upon a sixpence, and it will preserve a man from drunkennesse.

To quicken a mans wits, spirit and memory; let him take *Langdebeef*, which is gathered in *June* or *July*, and beating it in a clean mortar; Let him drinke the juyce thereof with warm water, and hee shall finde the benefit.

If a man be troubled with the *Kings Evil*, let him take the red *Dock*, and sethe it in wine till it be very tender, then strain it, and so drinke a good draught thereof, and he shall finde great ease from the same: especially if he do continue the use thereof.

Take *Frankinsence*, *Deves-dung*, and *wheat-flower*, of each an ounce, and mixe them well with the white of an egg, then plaisterwise apply it where the pain is.

The oyl of *Lillies* if the head bee annointed therewith, is good for any pain therein.

Take *Rew*, and steep it in Vinegar a day and a night, the *Rew* being well bruised, then with the same annoint the head twice or thrice a day.

Take the white of an egg and beat it to oyl, then put to it *Rosewater*, and the powder of *Alabaster*, then take flaxe and dip it therein, and lay it to the temples, and renew it two or three times a day.

For the quinsie.
Against drunkenness.
To quicken the wits.
For the Kings Evil.
Additions to the particular sicknesses; and first of the head and the parts thereof, and the lungs. Another.

For the head-ach, and rostay bleeding at the Nose.

Take

To draw out
new broken
the head.

Take *Agrimony* and bruise it, & plaister wise apply it to the wound, and let the pray drink the juyce of *Betony*, and it will expell the bones, and heal the wound.

For the falling
of the mold of
the head.

Take the leaves of *Agrimony*, and boil them in hony, till it be thick like a plaister, and then apply it to the wound of the head warm.

The Squin-
cy.

Take a table-napkin, or any linnen cloath and wet it in cold water, and when you go to bed apply it to the swelling and lie upright; thus do three or four times in a night till the swelling waste.

The toothake

Take two or three *Dock* roots, and as many *Daisie* rootes, and boil them in water till they be soft, then take them out of the water, and boyl them well over again in oyle *Olive*, then strain them thorow a cleane cloth, and annoint the pained tooth therewith, and keep your mouth close, and it will not onely take away the pain, but also ease any megreum or grieve in the head.

To shake teeth
white.

Take a sawcer of strong vinegar, & two spoonfulls of the powder of *Roch-allom*, a spoonfull of white salt, and a spoonfull of hony, seeth all these till it be as thinne as water, then put it into a close vial and keep it, and when occasion serves wash your teeth therewith, with a rough cloath and rub them soundly, but not to bleed.

To draw teeth
without yron.

Take some of the green of the elder tree, or the apples of Oke trees, and with either of these rub the teeth and gums, and it will loosen them. io, as yon may take them out.

Tooth that are
yellow.

Take Sage and salt, of each alike, and stamp them well together, then bake it till it be hard, and make a fine powder thereof, then therewith rub the teeth evening and mornings and it will take away all yellowesse,

First let them bloud, then take *Harthorn* or *Ivory*, and red *pimpernel*, and bruise them well together; then put it into a linnen cloth, and lay it to the teeth, and it will fasten them.

For teeth that
are loose.

Take the juyce of *Lovage*. and drop it into the eare, and it will cure any venome, and kill any worme, eare-wig, or other vermine.

For any ve-
nome in the
ear.

Take two ounces of *Comine*, and beat it in a mortar to fine powder; then boyle it in wine from a pottell to a quart, then drink thereof morning and evening as hot as you can suffer, or otherwise take an ounce of wild *yme*, and being clean washed, cut it small, and then powder it; then put to it half an ounce of *pepper* in fine powder, and as much *Comine*, mix them all well together, and boyl them in a pottell of white Wine, till half be consumed, and after meat (but not before) use to drink thereof hot, also once in the afternoon, and at your going to bed, and it will purge the breath.

For a stinking
breath which
cometh from
the stomack.

Take red Nettles, and burn them to powder; then adde as much of the powder of *pepper*, and mixe them well together, and insuffe thereof up into the nose, and thus do divers times a day.

For stinking
nostrils.

Take old Ale, and having boyl'd it on the fire, and cleansed it, ad thereto a pretty quantity of life-honey, and as much *Allom*, and then with a ferrindge or such like, wash the face therewith very warm.

For a canker
in the nose.

Take a gallon of running water, and boyl it to a pottell; then put to it a handfull of red Sage, a handfull of *Gellandines*, a handfull of Hony suckles, a handfull of Woodbine leaves & flowers; then take a peniworth of grains made into fine powder, and boyl all very well together; then put to it a quart of the best life-hony of a yeere old, and a pound of *Roch Allom*, let all boyle together

A red water
for any can-
ker.

together till it come to a pottel, then strain it and put it into a close vessell, and therewith dresse and annoint the sores as occasion serves, it will ease any canker or Ulcer, and cleanse any wound; It is best to be made at *Midsummer*.

To cleanse the eyes.

Take the flowers and rootes of *Pimpernel* clean washt in running water, then boyle them in fair running water the space of an houre, then put thereto a pretty quantity of white *Copperas*, and then strain all through a linnen cloth, and so let it stand a while, and there will an Oyle appear upon the water, with that Oyle annoint the lids and the browes of your eyes, and the temples of your head, and with the water wash your eyes, and it is most soveraign.

Another for the sight.

Take fifteen seeds of *Gynepere*, and as many *Gromwell* seedes, five branches of *Fennell*, beat them all together, then boyl them in a pint of old Ale till three parts be wasted; then strain it into a glasse, and drop thereof three drops into each eye at night, and wash your eyes every morning for the space of fifteen days with your own water, and it will clear any decayed sight whatsoever.

For sore eyes.

Take red *Smyles*, and leech them in faire water, and then gather the oyle that ariseth thereof, and therewith annoint your eyes morning and evening.

For sick eyes.

Take a gallon or two of the dregges of strong Ale, and put thereto a handfull or two of *Comine*, and as much salt, and then distill it in a *Limbeck*, and the water is most precious to wash eyes with.

For bleered eyes.

Take *Celandine*, *Rue*, *Chervile*, *Plantain*, and *Anise*, of each alike, and as much *Fennell*, as of all the rest, stampe them all well together, then let it stand two dayes and two nights; then straine it very well and annoint your

your eyes morning and evening therewith.

Take an egge, and rost it extream hard, then take the white being very hot, and lap in it as much white *Copperas* as a pease, & then violently strain it through a fine cloath, then put a good drop thereof into the eye, and it is most soveraign.

For the pin and web in the eye.

Take two drams of prepared *Tussia*, of *Sandragon* one dram, of *Sugar* a dram, bray them all well together til they be exceeding smal, then take of the powder & blow a little thereof into the eye, and it is soveraign.

A powder for the pin and web in the eye.

Take of Red rose leaves, of *Smallage*, of *Maiden hair*, *Eufase*, *Endive*, *Succory*, red *Fennel*, *Hil-wort*, and *Celandine*, of each half a quarter of a pound, wash them clean, and lay them in steep in white wine a whole day, then distill them in an ordinary Still, and the first water wil be like gold, the second like silver, and the third like balme, any of these is most precious for sore eyes, & hath recovered sight lost for the space of ten years, having been used but four dayes.

A precious water for the eyes.

Take the leaves of willow, and boil them wel in oyle, and therewith anoint the place where you would have any hair to grow, whether upon head or beard.

To make hair to grow.

Take Treacle water and hony, boil them together, and wet a cloath therein, and lay where you would have hair to grow, and it will come speedily.

Another

Take nine or ten egges, and rost them very hard, then put away the yolks, & bray the whites very small with three or four ounces of white *Copperas* till it be come to perfect oyntment, then with it anoint the face morning and evening, for the space of a weeke and more.

For a pimpled or red sauty face,

Take the rynde of *Hyfop*, and boil or burn it, and let the fume or smoake goe into the mouth, and it will stay any *rhume* falling from the head.

For the rhume.

For hoarseness
in the throat

Take a pint of running water, and three spoonfulls of hony and boile them together and skim off the filth, then put thereto one ounce of small *Baysons*, and strain it well through a cloath and so drink it morning and evening.

For a dangerous
cough.

Take *Aquavite* and salt and mixe it with strong old ale and then beat it on the fire, and therewith wash the soles of the feet when you go to bed.

For the dry
cough

Take of clean wheat and of clean Barly of each alike quantity, and put them into a gallon and a half of fair water, and boyle them till they burst, then straine it into a clean vessell, and adde thereto a quarterne of fine *Lycoras* powder, and two penny worth of *gumme-Arabick*, then boile it over again and strain it, and keep it in a sweet vessell, and drink thereof morning and evening.

For the tickle.

Take the best wort and let it stand till it be yellow, then boyl it, and after let it coole, then put to it a little quantity of *barm* and *Saffron*, and so drink of it every morning and evening while it lasteth, otherwise take *Dore hound*, *violet leaves*, and *Isop*, of each a good handfull, seeth them in water, and put thereto a little *Sugar Licorace*, and *Sugar candy*, after they have boyled a good while, then strain it into an earthen vessell, and let the sick drink thereof sixe spoonfull at a time morning and evening; or lastly, take the lunges of a Fox, and lay it in rose water, or boyl it in rose water; then take it out and dry it in some hot place without the sun, then beat it to powder with *Sugar candy*, and eat of this powder morning and evening.

For griefes in
the stomach.

To ease pain in the stomach, take *Endine*, *Mints*, of each alike quantity, and steep them in white wine a dayes space; then straining and adding thereunto a little

little *Cinamon* and *pepper*, give it to the sick person to drink, and if you adde thereto a little of the powder of *Horse-mint* and *calamint*, it will comfort the stomach exceedingly, and occasion swift and good digestion.

For spitting of
blood.

For spitting of blood, whether it proceed of inward bruises, overstraining, or such like; you shall take some *pitch*, and a little *Sperma Ceti*, and mix it with old Ale and drink it, and it will stay the fluxe of blood: but if by means of the bruise any outward grief remaine; then you shall take the herb *Brockell hemp*, and frying it with sheepe's tallow, lay it hot to the grieved place, and it will take away the anguish.

For vomiting.

To stay the fluxe of vomiting take *Worme-wood*, and sour bread toasted of each a like quantity, & beat them well in a mortar; then ad to them as much of the juice of *Mints*, and the juyce of *plantain*, as well bring it to a thick salve: then fry them altogether in a frying pan, & when it is hot lay it plaisterwise to the mouth of the stomach; then let the party drink a little white Wine and *chervile* water mixt together, and then steep some toasted bread in very strong vinegar, wrap it in a fine cloth, and let the sicke party smell thereto, and it will stay the excesse of vomiting, and both comfort and strengthen the stomach.

To force one
to vomit.

If you would compel one to vomit, take half a spoon full of *stone-crop*, and mixe it with three spoonfull of white wine, and give it to the party to drink, and it will make him vomit presently; but do this seldom, and to strong bodies, for otherwise it is dangerous.

For the
passio.

For the *liaca passio*, take of *Polipody* an ounce, and stamp it; then boyl it with *prunes* and *violets* in fennell water, or *Aniseeds* water; take thereof a good quantity; then straine it, and let the party every morning

Additions, and evening drink a good draught the: cof.
 to the diseases If the stomach be troubled with wind or other pain,
 of the stomach take *Commune* and beat it to powder, and mixe with it
 For the stom- red Wine, and drink it at night when you go to bed, di-
 mach. vers nights together.

For the Ilica Take *Broketime* roots and leaves, and wash them clean
 passio. and dry them in the Sun, so dry that you may make
 powder thereof; then take of the powder a good quan-
 tity, and the like of *Treacle*, and put them in a cup with
 a pretty quantity of strong old Ale, and stir them well
 together, and drink thereof first and last, morning and
 evening, for the space of three or four dayes; and it
 need do require, use the same in the brothes you doe
 eat, for it is very soveraign.

For pain in Take *Harts-horn*, or *Ivory* beaten to fine powder, and
 the breast. as much *Cynamon* in powder, mixe them with Vinegar,
 and drinke thereof to the quantity of seven or eight
 spoonfulls.

The Mother. Take the water of *Mauseare*, and drink thereof the
 quantity of an ounce and a half or two ounces, twice
 or thrice a day, or otherwise take a little *Nutmeg*, a lit-
 tle *Cinamond*, a little *Cloves*, a little *Mace*, and a very
 little *Ginger*, and the flowers of *Lavender*, beat all un-
 to a fine powder, and when the passion of the mother
 commeth, take a chaffingdish of good hot coales, and
 bend the Patient forward, and cast of the powder into
 the Chaffingdish, so as she may receive the smoak both
 in at her nose and mouth, and it is a present cure.

Obstruitions Against obstructions in the Liver, take *Aniseeds*, *A-*
 of the Liver. *meos*, *Burnet*, *Camomile*, and the greater *Centuary*, and
 boyl them in white wine with a little honey, and drinke
 it every morning, and it will cure the obstructions, and
 cleanse the Liver from all imperfection.

Against

Against the heat and inflammation of the Liver, take *Against the*
Endive dried to powder, and the meale of *Lupin seeds*, *heat of the*
 and mixe it with *honey*, and the juyce of *Worme-wood*, *Liver.*
 make a cake thereof and eat it, and it will assuage the
 great heat and inflammation of the Liver, and take a-
 way the pimples and rednesse of the face which pro-
 ceedeth from the same.

To prevent a *Plurisie* a good while before it come, *For the Plu-*
 there is no better way then to use much the exercise of *risie.*
 ringing, or to stretch your arms upward, so as they may
 bear the weight of your body, and so to swing your
 body up and down a good space: but having caught a
Plurisie, and feeling the gripes, stiches, and pangs there-
 of, you shall presently cause the party to be let bloud,
 and then take the herb *Althea* or *Hollylock*, and boyle it
 with *Vinegar* and *Linseed* till it be thick plaister wise,
 and then spread it upon a piece of Allom Leather, and
 lay it to the side that is grieved, and it will help it.

To help a stich in the side or elsewhere, take *Doves* *A playster for*
drag, red *Rose* leaves, and put them into a bag, and quilt *a stich.*
 it, then thoroughly heat it upon a Chaffingdish of coals
 with vinegar in a platter: then lay it upon the pained
 place as hot as may be suffered, and when it cooleth
 heat it again.

For any extraordinary heat or inflammation in the *Heart in the*
 Liver, take *Barbaries* and boyl them in clarified whay, *Liver.*
 and drink them, and they will cure it.

If you will make a *Cordial* for a *Consumption*, or any *For the Con-*
 other weaknes, take a quart of runing water, a piece of *sumption.*
Mutton, and a piece of *Veal*, and put them with the wa-
 ter into a pot; then take of *Sorrel*, violet leaves, *Spinage*,
Endive, *Succory*, *Sage*, *Hissop*, of each a good quanti-
 ty; then take *Prunes* and *Rasins*, and put them all to
 the

the broth, and seeth them from a quart to a pint; then strain the yolk of an egg, and a little Saffron therein; putting in Sugar, whole Mace, and a little white wine, to seeth them a while together, and let the party drink it as warm as may be.

To stanch
blood.

To staunch blood, take the herb *Shepherds-purse*, (if it may be gotten) distilled at the Apothecaries, and drink an ounce thereof at a time morning and evening, and it will stay any flux of blood natural or unnatural, but if you cannot get the distilled water, then boyle a handfull of the herb with Cynamon, and a little sugar, in Claret wine, and boyl it from a quart to a pint, and drinke it as oft as you please: also if you but rub the herb between your hands, you shall see it will soone make the blood return.

For the yellow
Jaundise.

For the *Yellow Jaundise*, take two peny-worth of the best English *Saffron*, dry it, and grind it to an exceeding fine powder; then mixe it with the *pap* or a roasted *apple*, and give it the diseased party to swallow down in the manner of a *pill*, and doe thus divers mornings together, and without doubt, it is the most present cure that can be for the same, as hath been oftentimes proved.

For the *Yellow Jaundise* take *pimpernell* and *Chickweed*, stamp them and strain them into posset-ale, and let the party drink thereof morning and evening.

For the *Yellow Jaundise* which is desperate & almost past cure: take sheeps dung new made, and put it into a cup of Beer or Ale, and close the cup fast, and let it stand so all night, and in the morning take a draught of the clearest of the drink, and give it unto the sick party.

For the *black Jaundise* take the herb called *Peny-ryal*,

ryal, and either boil it in white Wine, or drinke the juyce thereof simply by it self to the quantity of three or four spoonfull at a time, and it will cure the blacke *Jaundise*.

For the black
Jaundise.

Take of *Hyssop*, *Parsley*, and *Harts-tongue*, of each a like quantity, and seeth them in wort till they be soft, then let it stand till it be cold, and then drinke thereof first and last, morning and evening.

Additions, to
the diseases of
the liver.
For wasting
of the liver.

Take *Fennel roots*, & *Parsley roots*, of each a like, wash them clean, and pill off the upper barke, and cast away the pitch within; then mince them smal; then put them to three pints of water, and set them over the fire; then take figs and shred them smal, take *Lycoras* & break it smal, and put them to the herbs, and let all boyl very wel; then take *Sorrel* & stamp it, and put it to the rest, and let it boil till some part be wasted; then take a good quantity of hony, and put to it, and boyl a while, then take it from the fire, and clarifie it through a strainer into a glasse vessel, and stop it very close; then give the sick to drink thereof morning and evening.

A restorative
for the liver.

Take the stalk of *Saint Mary Garcick*, and burn it, or lay it upon a hot tyle stone untill it be very dry, and then beat it into powder, and rub the sore therewith till it be whole.

To heal a
Ringworm,
coming of the
heat of the
liver.

Take wool into the Walkmill that commeth from the cloth and flyeth about like Doun, and beat it into powder; then take thereof and mix it with the white of an egge and wheat flower, and stamp them together: then lay it on a linnen Cloth or Lint, and apply it to the bleeding place, and it will stanch it.

To staunch
blood.

If a man bleed and have no present helpe, if the wound be on the foot, bind him about the ankle, if in the legs, bind him about the knee; if it be on the hand,

For great
danger in
bleeding.

bind

binde him about the wrist; if it be on the arm binde him about the brawn of the arm, with a good list, and the blood will presently staunch.

For a Sutch. Take good store of *Cynamon* grated, and put it into posset Ale very hot and drink it, and it is a present cure.

A Bath for the Leprosie. Take a gallon of running water; and put to it as much salt as will make the water salt as the Sea water, then boyl it a good while, an bathe the legs therein as hot as may be suffered.

For the Drop-sic. For the Drop-sic, take *Agnus castus*, *Fennel*, *Affodill*, *dark Wal-wort*, *Lupinus* and *Wormwood*, of each a handfull, and boyl them in a gallon of white Wine, untill a fourth part be consumed: then strain it, and drink it morning and evening half a pinte thereof, and it will cure the Drop-sic; but you must be carefull that you take not *Daffodil* for *Affodil*.

Paine in the Spleene. For pain in the Spleen, take *Agnus castus*, *Agrimony*, *Aniseeds*, *Centuary* the great, and *Wormwood*, of each a handfull, and boyl them in a gallon of white wine, then strain it, and let the patient drink divers mornings together half a pint thereof; and at his usuall meals let him neither drink Ale, Beer, nor Wine, but such as hath had the hearb *Tamarisk* steeped in the same, or for want of the hearb, let him drink out of a cup made of *Tamarisk* wood, and he shall surely finde remedy.

Pain in the Liver. For any pain in the side, take *Mugwort* and red *Sage*, and dry them between two tile stones; and then put it in a bag, and lay it to your side as hot as can be indur'd.

For fatnesse and short breath. To help him that is exceeding fat, pursie, and short breathed: take hony clarified, and bread unleavened and make toasts of it, and dip the toasts in the clarified hony, and eat this divers mornings with your meat.

Take a lump of iron or steel, and heat it red hot, and quench

quench it in Wine, and then give the wine to the sicke party to drink.

Take *Fennell seeds* and the roots, boyl them in water, and after it is cleansed, put to it honey, and give it the party to drink; then seeth the herbe in Oyle and Wine together, and plaister-wise apply it to the side.

Make a playster of *Worm-wood* boyled in Oyle, or make an oyntment of the juyce of *Wormwood*, of *Vinegar*, *Armoniac*, *VVaxe*, and Oyle, mixe and melted together, and annoint the side therewith, either in the Sun, or before the fire.

Take the powder of *Galingal*, and mixe it with the juyce of *Burrage*, and let the offended party drinke it with sweet wine.

Take *Rosemary* and *Sage*, of each an handfull, and seeth them in white Wine, or strong Ale, and then let the patient drink it lukewarm.

Take the juyce of *Fenel* mixt with honey, and seeth them together till it be hard, and then eat it evening and morning, and it will consume the fatnesse.

For the *wind collick*, which is a disease both generall and cruel, there be a world of remedies, yet none more approved than this which I will repeat: you shall take a *Nutmeg* sound and large, and divide it equally into four quarters: the first morning as soon as you shall rise eat a quarter thereof; the 2^d. morning eat two quarters, and the third eat three quarters, and the fourth morning eat a whole *Nutmeg*. and so having made your stomack and taste familiar therewith, eat every morning whilst the *Collick* offendeth you a whole *Nutmeg* dry without any composition, and fast ever an hour at least after it, and you shall find a most unspeakable profit which will arise from the same.

Additions.
To the diseases of the spleen.
For stopping of the spleen.

For hardness of the spleen.

Diseases of the heart.

For passion of the heart.
For Heart sickness.

For fatnesse about the heart.

For the wind Collick.

For

The wind col-
lick.

For the wind Collick, take a good handfull of clean wheat meal as it commeth from the Mill, and two eggs and a little wine-vinegar, and a little *Aquavita*, and mingle them together cold, and make a cake of it, and bake it on a gridyron with a soft fire, and turn it often and tend it with blasting of *Aquavita* with a feather, then lay it somewhat higher then the pain is, rather then lower.

For the Lask.

For the *Lask* or extreme scouring of the belly, take the seedes of the *Wood-rose*, or *Bryer-rose*, beate it to powder, and mixe a dram thereof with an ounce of the conserve of *Sloes*, and eate it, and it will in a short space bind and make the belly hard.

For the bloody
flux;

For the Bloody-fluxe, take a quart of red wine, and boyl therein a handfull of *Shepheards purse*, till the herb be very soft: then strain it, and adde thereto a quartet of an ounce of *Cynamon*, and as much of dried *Tanners bark* taken from the ouze, and both beaten to fine powder; then give the party half a pint thereof to drink morning and evening, it being made very warm, and it will cure him.

To stay a lask

To stay a sore *Lask*, take *Plantain-water* and *Cynomon* finely beaten, and the flowers of *Pomgramates*, and boyle them well together; then take Sugar, and the yolk of an egge, and make a caudell of it, and give the grieved party it.

For the flux.

For the Flux, take Stags pizzell dried and grated, and give it in any drink, either in Beer, Ale, or Wine, and it is most soveraign for any Flux whatsoever: So is the jaw bones of a Pike, the teeth and all dried and beaten to powder, and so given the party diseased in any drink whatsoever.

To cure the worst bloody Flux that may be, take a quart

quart of red wine, and a spoonfull of *Commin seed*, boyl them together untill half be consumed, then take *Knor-grasse* & *Shepheards purse*, and *Plantain*, and stamp them severall, and then strain them, and take of the juyce of each of them a good spoonfull, and put them to the wine, and so seethe them again a little: then drink it luke-warm, half overnight, and half the next morning: and if it fall out to be in Winter, so that you cannot get the hearbs, then take the water of them hearbs distilled, of each three spoonfulls, and use it as before.

For extream costivenesse, or binding in the body, so as a man cannot avoid his excrements, take *Anniſeds*, *Fennicreet*, *Linſeeds*, and the powder of *Poynie*: of each halfe an ounce, and boyl them in a quart of white wine, and drinke a good draught thereof, and it will make a man goe to the stoole orderly and at great ease.

For wormes in the belly, either of child or man, take *Aloes Citriline*, as much as half a hazel Nut, and wrap it in the pap of a roasted Apple, and so let the offended party swallow it in the manner of a pill fasting in the morning, or els mixe it with three or four spoonfulls of *Muscadine*, and so let the party drinke it, and it is a present cure: But if the child be either so young, or the man so weak with sicknesse, that you dare not administer any thing inwardly, then you shal dissolve your *Aloes* in the oyle of *Savine*, making it salve-like thick, then plaister-wise spread it upon Sheeps leather, and lay it upon the navil & mouth of the Stomack of the grieved party: & it wil give him ease; so wil also unſet leeks chopt small and fryed with sweete butter, and then in a linnen bag apply it hot to the navill of the grieved party.

Take a quart of red wine, and put to it three yolks of egges, and a penniworth of long-Pepper and grains, and boyle

Additions.
To the diseases
of the belly
and guts.
For the great
Lax.

boyl it well, and drink it as hot as can be suffered, or otherwise, take an ounce of the inward bark of an oak, and a peny-worth of long *Pepper*, and boyl them in a pinte and better of new Milk, and drink it hot first and last, morning and evening.

For the bloody
flux.

Take an egg, and make a little hole in the top, and put out the white, then fill it up again with *Aquaviva*, stirring the egg and *Aquaviva* till it be hard, then let the party eat the egg and it wil cure him: or otherwise take a pinte of red wine, and nine yolks of eggs, and twenty pepper corns small beaten, let them sethe until they be thick, then take it off, and give the diseased party to eat nine spoonfuls morning and evening.

For an easie
lask.

Take of *Rue* and *Beets* a like quantity, bruise them, and take the juyce, mixe it with clarified hony, and boyl it in red wine, and drink it warm first and last morning and evening.

To have two
Stools a day
and no more.

Take *Mercury*, *Sinkfoile*, and *Mallowes*, and when you make portage or broth with other herbs, let these herbs before named, have most strength in the portage, and eating thereon it will give you two Stools and no more.

For hardnesse
of the belly
or womb.

Take two spoonfuls of the juyce of Ivie leaves, and drink it three times a day, and it will dissolve the hardnesse.

Against co-
stiveness.

Take the bark of the roots of the Elder tree, and stamp it, and mixe it with old ale, and drink thereof a good hearty draught.

For the wind
colick.

Take the crummes of white bread, and steep it in Milk with *Allum*, and adde Sugar unto it and eate it, and it will open the belly.

For the stop-
ping of the
womb.

Take the *Kernels* of three Peach stones, and bruise them, seven cornes of case pepper, and of sliced gur

ger a greater quantity than of the *pepper*, pound all together grossly, and put it into a spoonfull or sack (which is best) or else white Wine, or strong Ale, and drinke it off in a great spoon, then fast two hours after, and walk up and down if you can; if otherwise, keepe your self warm, and beware.

Take of *Daisies*, *cumfrey*, *Polypody*, of the Oak and *A*. *For the rug-*
pens of each half a handfull, two roots of *Osmund*, boyl
them in strong Ale and hony, and drink thereof mor-
ning, noone, and night, and it will heal any reasonable
rupture. Or otherwise take of *Smallage*, *Comfrey*, *set-*
ed Polypody, that grows on the ground like *fearn*, *dai-*
ses, and *mores*, of each alike, stamp them very smal, &
boile them well in *Barm*, until it be thick like a poultis,
and to keep it in a close vessell, and when you have oc-
casion to use it, make it as hot as the party can suffer it
& lay it to the place grieved, then with a trusse, trusse
him up close, & let him be careful for straining of him-
self, & in a few daies it will knit, during which cure,
give him to drink a draught of red wine, & put therein
a good quantity of the flower of fetches, finely bouldred
stirring it wel together, and then fast an hour after.

For the violent paine of the stone, make a posser of
milk and sack, then take off the curd, and put a hand-
full of *Camymill* flowers into the drink, then put it into
a pewter pot and let it stand upon hot embers, so that
it may dissolve: and then drink it as occasion shall
serve. Otherwise for this grief take the stone of an Ox
gall, and dry it in an oven, then beat it to poulder, and
take of it the quantiry of a hafill-nut with a draught of
good Ale or white wine.

For the stone,

Another,

For the Collick and stone, take hawthorn berries,
D the

The collick
and stone.

Another.

A powder for
the collick
and stone.

Another.

the berries of sweet briars, & a shen keys, and dry them every one severally untill you make them into powder, then put a little quantity of every one of them together, then if you think good, put to it the powder of *Licoris* and *Aniseeds*, to the intent the party may the better take it, then put in a quantity of this powder in a draught of white wine, and drink it fasting. Otherwise you may take *Smallage-seed*, *Parsley*, *Livage*, *Saxifrage*, & *broom-seed*, of each one of them a little quantity, beat them into a powder, and when you feele a fit of either of the diseases, eat of this powder a spoonfull at a time either in potrage, or else in the broth of a chicken, and so fast two or three houres after.

To make a powder for the collick and stone, take *fenell*, *parsley-seed*, *aniseed*, and *carraway seed* of each the waight of six pence. of *grumet seed*, *saxifrage seed*, the roots of *Filapendula*, and *licoris*, of each the waight of twelve pence, of *galingall*, *spikenard*, and *Cinamon*, of each the waight of eight pence, of *Seena* the waight of 17 shillings good waight, beat them all to powder and searce it, which will waigh in al 25 shillings & 6 pence. This powder is to be given in white wine and sugar in the morning fasting, and so to continue fasting two houres after; and to take of it at one time the waight of tenn pence or twelve pence.

Other Physitians for the stone take a quart of rhenish or white wine, and two lemons, and pare the upper rind thin, and slice them into the wine, and as much white soap as the waight of a goat, and boyl them to a pint, and put thereto sugar according to your discretion, & so drink it, keeping your self warm in your bed, and lying upon your back.

For the stone in the reynes, take *Ameos*, *Camomill*, *Maiden*

Maidenhair, *Sparrowtongue*, and *Philipendula*, each alike quantity, dry it in an oven, and then beat it to powder, and every morning drink half a spoonfull thereof with a good draught of white wine, and it will help.

For the stone
in the reins.

For the stone in the bladder, take a radish-root and slit it crosse twice, then put it into a pint of white wine and stop the vessell exceeding close: then let it stand all one night, and the next morning drink it off fasting, and thus do divers mornings together, and it will help.

For the stone
in the bladder

For the stone in the bladder, take the kernels of flocs, and dry them on a tile-stone, then beat them to powder, then take the roots of *Alexander*, *parfly*, *pellitory*, & *holihock*, of every of their roots a like quantity, & seche them all in white wine, or else in the broth of a young chicken: then strain them into a clean vessell, and when you drink of it, put into it half a spoonfull of the powder of floc kernels. Also if you take the oyle of Scorpion, it is very good to annoint the members, and the tender parts of the belly against the bladder.

A powder for
the stone in
the bladder.

To make a bath for the stone, take *mallows*, *holihock*, and *tilly roots*, and *linseed*, *pellitory* of the wall, and lethe them in the broth of a sheeps head, and bath the reins, of the back therewith oftentimes, for it will open the straightnesse of the water conduits, that the stone may have issue, and assuage the pain, and bring out the gravell with the urine: but yet in more effect, when a plaister is made and laid unto the reins and belly immediately after the bathing.

A bath for the
stone.

To make a water for the stone, take a gallon of new milk of a red Cow, and put therein a handfull of *pellitory* of the wall, and a handfull of wild time, and a handfull of *Saxifrage* & a handfull of *parfly*, & two or three

A water for
the stone.

radish roots sliced and a quantity of *Philipendula* roots, let them lie in the milk a night, and in the mornig put the milk with the hearbs into a still, and distill them with a moderate fire of charcole such or like: then whe you are to use the water, take a draught of rhenish wine or white wine, and put into it five spoonfuls of the distilled water, and a little nutmeg and sugar sliced, and then drink of it, the next day meddle not with it, but the third day do as you did the first day, and so every other day for a weekes space.

Difficulty of Urine. For the difficulty of urin, or hardnesse to make water, take *Smallage*, *Dil*, *Any-seeds*, and *Burnet*, of each alike quantity, and dry them and beat them to fine powder and drink half a spoonful thereof, with a good draught of white wine.

For hot urine If the urine be hot and burning, the party shall rise every morning to drink a good draught of new milk and sugar mixt together, and by all meanes to abstain from beer that is old, hard, and tart, and from all meats and sawces which are sower and sharp.

For the strangullion. For the strangullion, take *Saxifrage*, *Polipody*, of the Oak; the roots of beanes, and a quantity of *Raisins*, of every one three handfull or more, and then two gallons of good wine or else wine lees, and put it into a serpentary and make therof a good quantity, & give the sick to drink morning and evening a spoonfull at once.

For pissing in bed. For them that cannot hold their water in the night time, take *Kids* hoof, and dry it, and beat it into powder, and give it to the patient to drinke, either in beer or ale four or five times over.

For the rupture. For the rupture of bursennesse in men, take *Comphry* and *Fernesmond*, and beate them together, and yellow

yellow wax, and Dears suet untill it come unto a salve, and then apply it unto the broken place and it will knit, it; also it shal be good for the party to take *Comphry* roots, & rost them in hot embers as you rost wardens, and let the party eat them for they are very soveraign for the rupture especially being eaten in a morning fasting and by all meanes let him were a strong trusse til it be whole.

Take *Goats* clawes and burn them in a new earthen pot to powder, then put of the powder into broth or pottage, and eat it therein: or otherwise take *Rue*, *Parley*, and *Gromwell*, and stamp them together, and mixe it with wine and drink it.

Take *Agnus castus* and *Castoreum*, and sethe them together in wine, and drink thereof, also sethe them in vinegar, and lap it hot about the privy parts and it will help.

Take *Malmsey* and butter, and warm it, and wash the reins of the back, whereupon you find pain, then take oyle of *Mace* and annoint the back therewith.

First wash the reines of the back with warm white wine then annoint all the back with the oyntment called *perfuane o*.

Take a leg of beef a handfull of *Fennel* roots, a handfull of *parley* roots, two roots of *comphry*, one pound of *raisins* of the Sun, a pound of damask *prunes*, and a quarter of a pound of *dates*, put all these together, and boyle them very soft with fixe leaves of *neep*, six leaves of *clary*, twelve leaves of *bittany* of the wood, and a little *baris tongue*, when they are sod very soft, take them into the same broth again with a quart of sack, and a penny worth of large mace, and of this drink at your pleasure.

Additional to the diseases of the reins and bladder.

For him that cannot hold his water.

For the Gonorrhea or shedding of seed.

For weakness in the back.

For heat in the reins. For comforting and strengthening of the back.

For the hemeroids,

For the Hemeroides, which is a troublesome and a fore grief, take of *Dill*, *Digge-fennell*, and *Pellitory of Spain*, of each half a handfull, and beat it in a mortar with Sheeps suet and black Sope till it come to a salve and then plaisterwise apply it to the sore, and it will give the grief ease.

For the piles or hemeroids.

For the Piles or Hemeroides, take half a pint of ale, and a good quantity of pepper, and as much allom as a walnut; boyl all this together till it be as thick as bird-lime or thicker, this done, take the juyce of white violets, and the juyce of Housleek, and when it is almost cold, put in the juyce and strain them altogether, and with this oynment annoint the fore place twice a day. Otherwise for this grief take Lead and grate it small, and lay it upon the sores: or else take muskles dried and beat to powder, and lay it on the sores

For the falling of the fundaments

If a mans fundament fall down through some cold taken, or other cause, let it be forthwith put up again: then take the powder of *Town-cresse* dried, and strew it gently upon the fundament, and annoint the reins of the back with hony, and then about it strew the powder of *Cammin* and *Calasine* mixt together, and ease will come thereby.

Additions to the diseases of the private parts.
For the hemeroids.

Take a great handfull of *orpius*, and bruise them between your hands, till it be like a salve, and then lay them upon a cloath and bind them fast to the fundament.

For the green sicknesse,

To help the green sicknesse take a pottle of white wine and a handfull of *Rosemary*. a handfull of *worm-wood*, an ounce of *Cardus benedictus* seed, and a dram of *Cloves*: all these must be put into the white wine in a jug, and covered very close, and let it steep a day and a night before the party drink of it, then let her drink of it every morning and two houres before supper: and

and to take it for a fortnight, and let her stir as much as she can, the more the better, and as early as she can, otherwise for this sicknesse take *Hysope*, *Fennell*, *Pen-by-royall*, of these three one good handfull, take two ounces of *currants* sethe these in a pint of fair water to a half, then strain the hearbs from the liquor, and put thereto two ounces of fine sugar, and two spoonfuls of white wine vinegar, let the party drink every morning foure spoonfuls thereof, and walke upon it.

To increase a womans milk, you shall boyl in strong posset ale good store of *Calworts*, and cause her to drink every meal of the same: also if she use to eat boyled *Calworts* with her meat, it will wonderfully increase her milk.

To increase womans milk

To dry up womans milk, take red sage, and having stamp it and strained the juyce from the same, adde thereunto as much wine vinegar, and stir them well together, then warm it on a flat dish, over a few coals steep therein a sheet of browne paper, then making a hole in the midst thereof for the nipple of the breast to go through, cover al the breast over with the paper, and remove it as occasion shall serve, but be very carefull it be layd very hot to. Some are of opinion, that for a woman to milk her breasts upon the earth, will cause her to dry, but I refer it to tryal.

To dry up milk.

To help womens sore breasts, when they are swelled or else inflamed, take violet leaves and cut them small and sethe them milke or running water with wheate bran, or wheat bread crummes, then lay it to the sore as hot as the party can indure it.

A pultis for sore breasts in women.

If a woman have a strong and hard labour, take four spoonfulls of another womans milke, and give

For ease in child caring.

it the woman to drink in her labours, and she shall be delivered presently.

child dead in
the womb;

If a woman by mischance have her childe dead within her, she shall take *Dittander*, *Felwort*, and *Penroyall*, and stamp them, and take of each a spoonfull of the juyce, and mix it with old wine, and give it her to drink, and she shall soon be delivered without danger.

Apaceth to
conceive.

To make a woman to conceive, let her either drinke *Mugwort* steeped in wine, or else the powder thereof mixed with wine, as shall best please her taste.

Additions to
womens infir-
mities.

Take the powder of *Corrall* finely ground and eat it in a tear egge, and it will stay the flux.

To cease wo-
mens flowers.

Against womens termes, make a pessary of the juyce of *Mugwort*, or the water that it is sodden in, and apply it, but if it be for the flux of the flowers, take the juyce of *Plantain* and drink it in red wine.

Against the
flowers.
For the matrix

Take a *Fomentation* made of the water wherein the leaves and flowers of *Tutson* is sodden, to drink up the superfluities of the matrix, it cleanseth the entrance, but this herb would be gathered in harvest; if the woman have pain in the Matrix, set on the fire water that *Anonum* hath been so 'den in, and of the decoction make a pessary, and it will give ease.

A generall
purge for a
woman in
child-bey.

Take twy or three egges, and they must bee neither rost nor raw, but between both, and then take butter that salt never came in, and put into the egges, and snp them off, and eat a piece of brown bread to them, and drink a draught of small Ale.

To deliver the
dead birch.
To increase
milk.

Take the root of *Arisfalachia rotunda* and boyl it in wine and oyl, make a *fomentation* thereof, and it helps.

Take the buds and tender crops of *Briony* and boyl them in broth or pottage, and let the woman eat thereof, it is soveraign.

Take

Take *Mugwort*, *Motherwort*, and *Mints*, the quantity of a handfull in all, sethe them together in a pint of *malmsey*, and give her to drink thereof two or three spoonfulls at a time and it will appease her swooning.

For a woman
that is new
brought in
bed & swoon-
eth much.

Take *Hembane* stamped and mixt with vinegar and apply it plaisterwise over all the forehead, and it will cause sleep.

To provoke
sleep.

Take *Sage*, *Smallage*, *Mallowes*, and *plantain*, of each an handfull, beat them all wel in a mortar, then put unto them oatmeal and milk, and spread it on a fine linnen cloth an inch thick, and lay it to the breast or breasts: or otherwise take white bread Leaven and strain it with cream, and put thereto two or three yolkes of egges salt oyle or oyl of *Roses*, and put it upon a soft fire till it be warm and so apply it to the breast.

For sore
breasts.

For Morphew, whether it be white or black, take of the *Litharge* of gold a dram, of unwrought brimstone two drams, beat them into fine powder, then take of the oyle of *Roses* and *Swines* grease of each alike quantity, and grind them altogether with half a dram of *camphire* and a little vinegar, and anoint the same therewith morning and evening.

For morphew
of both kinds.

To breed haire take, Southern-wood and burn it to ashes, and mixe it with common oyle, then annoint the bald place therewith morning and evening, and it will breed hair exceedingly.

To breed haire

For the Gout, take *Arisfalachia rotunda*, *Alibea*, *Cetony*, and the roots of wild *Neep*, and the roots of the wild *deck* cut in pieces after the upper Rind ista ken away, of each alike quantity, boyle them all in running water till they be soft and thick: then stamp them in a mortar as smal as may be, and put thereto a litle quantity of chimney soot, and a pint or better of new milk

of

of a Cow which is all one intire colour, and as much of the urine of a man that is fasting, and having stirred them all well together, boyle them once again on the fire then as hot as the party can suffer it apply it to the grieved place, and it will give him ease.

For the sciatica.

For the *Sciatica* take of mustard feed a good handfull, and as much of white hony, and as much in weight of figs, and crummes of white bread halfe so much, then with strong vinegar beat it in a mortar till it come unto a salve, then apply it unto the grieved place and it will give the grieved party ease, so will also a plaister of *Oxycrozum*, if it be continually warm upon the same.

For any pain or swelling, or stinging or venomous beasts.

To help all manner of swellings or aches, in what part of the body soever it be, or the stinging of any venomous beast, as *Adder*, *Snake*, or such like: take *Horehound*, *Smallage*, *Porrets*, small *Mallows*, and wild *tansy* of each alike quantity, and bruise them or cut them small: then serbe them altogether in a pan with milk, *oatmeal*, and as much Sheeps suet, or Deares suet as an Hens egg, and let it boyl till it be a thick plaister, then lay it upon a blew woollen cloath, and lay it to the grief as hot as one can suffer it.

For swellings in the legs or feet.

For any swelling in the legs or feet, take a good handfull of water Cressies, & shread them smal, and put them in an earthen pot, and put thereto thick Wine Lees, and wheat bran, and Sheeps suet, of each of them a like quantity, and let them boyl together untill they be thick, then take a linnen cloath, & bind it about the fore & swelling as hot as the party grieved can indure it, & let it remain on a whole night & a day without any removing, & when you take it away, lay to it a fresh plaister, hot, as before, and it will take away both the

pain

pain and swelling. Other Chirurgions, for this grieve take hony and beer and beat them together, and therewith bath the swelling morning and evening.

To wash any sore or Ulcer, take running water, and *Bolearmoniack* and *Camphire*, and boyl them together, and dip in a cloth, & lay it to the sore as hot as may be indured: al so *Plantain* water is good to kill the heat of any sore: or if you take Woodbine leaves and bruise them small, it will heal a sore; or if you wash a sore with verjuyce, that hath been burnt or scalded, it is a present remedy.

A water to wash a sore with.

There be divers others which for this grief take the green of Goose dung and boyl it in fresh butter, then straine it very cleane and use it. And *Sallet-oyle* and Snow water beaten together wil cure any scald or burning.

A pulvis for a sore.

To cure any old sore how grievous soever it be, take of new milk three quarts, & a good handfull of *Plantain* and let it boyl till a pint be consumed: then adde three ounces of *allom* made in powder, and an ounce and a half of white *Sugarcandy* powdered. Also then let it boyl a little till it have hard Curd, then strain it, with this warm wash the Vicer, and all the member about it: then dry it, and lay upon the Vicer *Enguentum Balsilion* spread on lint, and your *diminium* plaister over it, for this strengthneth and killeth the itch: but if you find this is not sharp enough, then take of milk a quart *allom* in powder two ounces, vinegar a spoonfull, when the milk doth seeth, put in the *allom* and vinegar: then take off the curd, and use the rest as was before-said, and it will cure it.

For any old sore.

For teabs or itch take *unguentum Populion*, & therewith annoint the party and it wil help, but if it be more strong

For any teabs or itch.

strong and rank, take an ounce of *Nerve oyle*, and three penny-worth of quicksilver, and beat and work them together, until you see that assuredly the quick-silver is killed, then let the party annoint therewith the palmes of his hands, the boughs at his elbowes, his arm-pits and hams, and it will cure all his body.

For the lepro-
sie.

To cure the leprosie take the juyce of *Colworts*, and mixe it with *Allom* and strong ale, and annoint the Leaper therewith morning and evening, and it will cleanse him wonderfullly, especially if he be purged first, and have some part of his corrupt bloud taken away.

To take away
pimples.

To take away either pimples from the face, or any other part of the body, take *Vergin wax* and *Spermaceti*, of each alike quantity, and boyl them together and dip in a fine linen cloath, and as it cooles dip it well of both side, then lay it upon another fair cloath upon a table, and then fold up a cloth in your hands, and all to flight it with the cloath, then take as much as wil cover the grieved place.

Privie parts
burnt.

If any man have his privy parts burnt, take the ashes of a fine linnen cloath in good quantity, and put it into the former oyle of egges, and annoint the sore member therewith, and it will cure it.

For any burn-
ing.

For any burning, take fixe new layd egges and roast them very hard, and take out the yolkes thereof, & put them into an earthen por, and set it oven the fire on hot embers, and then whilst the egges look black, stir them with a slice till they come to an oyle, which oyle take clarifie, and put it into a p'asse by it self, and therewith annoint the burning, and it will cure it.

For any scal-
ding.

For any scalding with hot water oyle or otherwise, take good cream, and set it on the fire, & put into it the green which growes one a stone wal, take also yarrow the

the green of elder bark and fire grasse, and chop them smal, then put them into the cream, and stir it well till it come to an oyl salve, then straine it and anoint the sore with it.

To dry up any sore, take *Smallage*, *Groundsill*, *wilde mallowes*, and *violet leaves*: chop them small and boyl them in milk with bruised *Oatmeal* and sheeps suet, and so apply it to the sore. A pult is to dry a sore,

To eat away dead flesh, take *Stubblewort*. and fold it up i a red dock leaf, or red wort leaf, and so roast it in the hot embers and so lay it to the sore, and it will ster away all the dead flesh, or otherwise, if you strew upon the sore a little pricipitate, it will eat away the dead flesh. To eat away dead flesh.

To make a water to heal all manner of wounds, you shall take *Inph wort* flowers, leaves and roots, and in *March* or *Aprill*, when the flowers are at the best, distil it then with that water bath the wound, and lay a linnen cloth well therewith in the wound, and it will heal it. A water to heale wounds.

To heal any wound or cut in any flesh or part of the body; First if it be fir to be stitched, stitch it up, and then take *Vaguetum aurum*, and lay it upon a pleagant of list as big as the wound, & then over it lap a *diminium* plaister made of Saller oyl and red lead, and so dresse it at least once in four and twenty houres, but if it bee a hollow wound, as some thrust in the body or other members, then you shall take *Balsamum cephalicum*, and warming it on a chafing dish of coales, dip the tent therein and so put it into the wound, then lay your plaister of *diminium* over it, and do thus at least once a day until it be whole. To heale any wound.

If a mans sinews be cut or shrunk, he shall go to the roote of the wild neepe which is like woodbine, and For sinews cut or shrunk.

and make a hole in the midst of the root, then cover it wel again that no ayr go out nor in, nor rain, nor other moysture; thus let it abide 2 day and a night, then go and open it, and you shall find therein a certain liquor; then take out the liquor and put it into a clean glasse, and do thus every day whilest you find any moysture in the hole; and this must onely be done in the months of *April* and *May*: then annoint the sore therewith against the fire, then wet a linnen cloath in the same liquor, and lap it about the sore, and the vertue will soon be perceived.

To break any
imposthume

To break any Imposthume; and to ripe it onely, take the green *Mililot* plaister, and lay it thereunto; and it is sufficient.

Two generall
infirmities of
Surgery, and
first of burn-
ings & scald-
ing.

For burning
or scalding,
with either
Liquor or
Gunpowder.

Take *Plantain* water, or *Sallet* oyle and running water beaten together, and therewith annoint the sore with a feather, till the fire be taken out, then take the white of egges, and beat them to oyle, which done take a Hare skinn and clip the hair into the oyle, and make it as thick as you may spread it upon a fine linnen cloath, and so lay it upon the sore, and remove it not, untill it be whole, and if any rise up of it self, clip it away with your hears, and if it be not perfectly whole, then take a little of the oymment and lay it unto the same place again: otherwise take halfe a bushell of Glovers threads of all sorts, and so much of running water as shall be thought convenient to sethe them, and put thereto a quarter of a pound of Barrowes greafe, and then take half a bushell of the doune of Captailes; and boyl them altogether, continually stirring them, untill they be foddren that they may be strained into an earthen pot or glasse, and with it annoint the sore.

Or else take *Capresolij*, *Mousecare*, *ground-Ivy*, and *Hensdung* of the reddest or the yellowest and fry them with *May-butter* altogether untill it be brown, then strain it through a clean cloath, and annoint the sore therewith.

Take the middle rind of the Elm tree, and lay it two or three hours in fair running water till it waxe ropy like glew, and then annoint the sore therewith: Or otherwise, take sheeps tallow and sheeps dung, and mixe them together till they come to a salve, and then apply it to the sore.

For burnings
or scaldings
on the face.

Take *Plantine* leaves, *daisie* leaves, the green bark of *Elders*, and green *Germaunders*, stamp them altogether with fresh butter or with oyle, then strain it through a linnen cloath, and with a feather annoint the sore till it be whole.

An oymment
for burning.

Take of the oyle *olive* a pint, *Turpentine* a pound, unwrought wax half a pound, *Rosen* a quarter of a pound sheeps suet two pound, then take of *Orpents*, *Smallage*, *Ragwort*, *Plantine*, and *Sicklewort*, of each a good handfull, chop all the hearbs very smal, and boyl them in a pan altogether upon a soaking fire, and stir them exceeding much, untill they be wel incorporate together then take it from the fire and strain al through a strong canvass cloath into clean pots or glasses, and use it as your occasion shall serve, either to anoint, taint, or plaister.

Or otherwise take *Poplar* buds, and *Elder* buds, stamp and strain them, then put thereto a little Venice turpentine, Waxe, and Rosin, and so boyle them together, and therewith dresse the sore, or else take two handfull of plantain leaves, bray them small and strain out the juice, then put to it as much womans milk, a

Vleers and
sores.
A salve for
any old sore.

spoon.

spoonfull of hony, a yolk of an egge, and as much wheate flower as you thinke will bring it to a salve then make a plaister thereof and lay it un to the sore, renewing it once in four and twenty houis.

To take away
dead flesh,
To
kill in a
sore.

Take an ounce of *Vnguentum Apostolorum*, and an ounce of *Vnguentum Aegyptium*, and put them together in a pot, being first well wrought together in a bladder, then if the flesh be weak, put into it a little fine white sugar, and therewith dresse the sore, or otherwise take onely *Preecipitate* in fine powder, and strew it on the sore.

A water for
a sore.

Take a gallon of Smiths sleack water, two handfulls of Sage, a pint of hony, a quart of Ale, two ounces of Allom, and a little white, *copporas*, seth them altogether till half be consumed, then strain it, and put it into a cleane vessell, and therewith wash the sore. Or otherwise, take cleane running water, and put therein *rub-allom*, and *madder*, and let them boyle till the *allom*, and the *madder*, be consumed, then take the clearer of the water, and therewith wash the sore.

Or else take Sage, *Fennell*, *cinquesoyl*, of each a good handfull, boyl them in a gallon of running water till they be tender, then strain the liquor from the herbs and put to it a quarter of a pound of roch. *Allom*, and let it seth again a little till the *allom* be melted, then take it from the fire, and use it thus, dip liir in it warm and lay it to the sore, and if it be hollow, apply moist lint, then make a little bolster of linnen cloth, and wet it well in the water, then wring out the water, and so bind on the bolster close.

A blacke plai-
ster to heale
old sores, and
kill in a
sore.

Take a pinte of sallet oyle, and put into it fixe ounces of red lead, and a little ceruse or white lead, then set it over a gentle fire, and let it boyle a long season stirring

it wel til it be stiffe, which you shal trye in this order, let it drop from your stick or slice vpon the bottome of a saucer, and so stand vntil it be cold, and then if it be wel boyled, it wil bee stiffe and very blacke, then take it off, and let it stand a little, and after straine it through a cloath into a Bason, but first annoynt the Bason with Sallet oyle, and also your fingers, and so make it vp into roules plaisterwise, and spread it and apply it as occasion shal serue.

Take *mallones* and *beetes*, and seeth them in Water, An oymment then drye away the Water from them, and beate the herbs wel with old Boares greale, and so apply it vnto the Appostume hot.

Take a handfull of *rue* and stampe it with rusty Bacon til it come to a perfect salue, and therewith dresse the sore til it be whole.

For the sting-
ing of any ad-
der or vne-
mous thing.
For any vne-
mous thing.

If the parry be outwardly venomd, take Sage and bruise it wel and apply it vnto the sore, renewing it at least twice a day, but if it be inwardly, then let the parry drinke the iuyce of Sage eyther in Wine or ale morning and euening.

Take *Selladine* early in the morning, and bruise it wel, and then apply it to the sore, and renewing it twice or thrice a day.

For a sting-
worme.

Take of *campheire* one dramme, of *Quicksilver* foure penny-worth killed wel with Vinegar, then mixe it with two penny-worth of oyle de Bay, and therewith annoynt the body. Or otherwise take red *onions* and seeth them in running water a good while, then bruise the *onions* smal, and with the Water they were foddren in, straine them in, then wash the infected place with the same.

For the itch.

Take a great quantity of the herbe *Bennet*, and as much

For the dried
Scabbe.

much of red *nettles*. pound them well and straine them, and with the iuyce wash the patient naked before the fire, and so let it drinke in and wash him againe; and doe so diuers dayes till he be whole.

To kill the Itch
or better scpe-
go.

Take a penyworth of white *copperas*, and as much greene *copperas*, a quarter of an ounce of white *Mercury*, a halfe peny. worth of *Allom* and burne it, and let all ouer the fire with a pint of faire water, and a quarter of a pint of wine Vinegar, boyle all these together till they come to halfe a pint, & then annoint the sore therewith.

To take away
the skarres of
the mal Poxe.

Take *Barrowes* greafe a pretty quantity, and take an apple & pare it and take the chere cleane out, then chop your apple and your Barrowes greafe together, and let it ouer the fire that it may melt but not boyle, then take it from the fire, and put thereto a pretty quantity of rose water and stirre all together till it be cold, and keepe it in a cleane vessell, and then annoynt the face there with.

For the French
or Spanish pox.

Take *quicksiluer* and kill it with fasting spittle, then take *verdigrease*, *Arabecke*, *Turpentine*, *Oyle olive*, and *Populion*, and mixe them together to one entire oyntment, and anoynt the Sores therewith, & keepe the party exceeding warme. Or otherwise, take of *Allom* burned, of *Rosin*, *Frankensence*, *Populion*, oyle of *Roses*, *Oyle de bay*, *Oyle olyue*, greene *Copperas*, *verdigrease*, *White lead*, *Mercury sublimat* of each a pretty quantity but of *Allome* most, then beate to powder the symples that are hard, and melt your oyles, and cast in your pouders and stirre al wel together, then strayne them through a cloth, and apply it warme to the sores; or else take of *Capons* greafe that hath toucht no water, the iuyce of *Rue* and the fine powder of *Pepper*, and mixe them together for an oyntment, and apply it round about the sores,

but

but let it not come into the sores, and it will dry them vp.

Take of *Treacle* halfe pennyworth, of long *Pepper* as much, and of *graynes* as much, a little *ginger*, and a little quantity of *Licoras*, warme them with strong ale, and let the party drinke it off, and lie downe in his bed and take a good sweate: and then when the sores arise, vse some of the oyntment before rehearsed.

To put out the
French or Span-
ish Poxe.

Take the iuyce of red *Fennell*, and the iuyce of *Senegreene* and *Stone hony*, and mixe them very well together till it be thicke, and with it annoynt the party, but before you doe annoynt him you shall make this water.

To make the
scabs of the
French Poxe
fall away.

Take *Sage* & seeth it in very faire water from a gallond to a pottle, and put therein a quantity of hony and some allom, and let them boyle a little together; when you haue strained the hearbs from the water, then put in your hony and your allom, and therewith wash the poxe first, and let it dry in well, and then lay on the aforesayd oyntment.

Additions,
to Greene
wounds.

Take the oyle of the white of an egge, wheate-flow-er, a little hony and venice *Turpentine*, take and stirre all these together, and so vse it about the wound but not within, & if the wound do bleed, then adde to this salue a little quantity of *Bolearmonyak*.

A deffensiu
for a Greene
wound.

Take *Apoponax* and *Galbanum*, of each an ounce, *Ammonianum*, and *Redlynd* of each two ounces, of *Lehar-gy* of gold one pound and a halfe, new waxe halfe a pound, *Lapis Calamniaris* one ounce, *Turpentine* foure ounces, *Myrrh* two ounces, *Oyle de bay* one ounce, *Thusse* one ounce, *Aristolochia* roots two ounces, oyle of *Rose* two ounces, *Saker* oyle two pound, all the hard symples must be beaten to fine powder and searled,

A salue for a
Greene wound.

take also three pints of right Wine vinegar, and put your four gummies into the vinegar a whole day before, till the gummies be dissolved, then set it over the fire and let it boile very softly vntil your vinegar bee as good as boiled away, then take an Earthen pot with a wide mouth, and put your oyle in and your waxe, but your Waxe must be scraped before you put it in, then by a little at once put in your *Lethargy* and stir it exceedingly, then put in all your gummies and all the rest, but let your *Turpentine* be last, and so let it boile till you see it grow to be thicke, then poure it into a Basen of water, and worke it with oyle of *roses* for sticking vnto your hands, and make it vp in roules plaisterwise, and here is to be noted, that your oyle of *roses* must not be boyled with the rest, but after it is taken from the fire a little before the *Turpentine*.

A water to heal
any greene
wound, cut, or
sore.

Take three good handfull of *Sage*, and as much of *Honi suckle* leaues and the flowers cleane picked, then take one pound of Roch *Allome*, and a quarter of a pound of right English Honey clarified, halfe a pennyworth of graines, and two gallonds of running Water, then put all the sayd things into the water, and let them seeth til halfe be consumed, then take it from the fire til it be almost cold, and strayne it through a cleane cloath, and put it vp in a glasse, and then cyther on taint or pleagant vse it as you haue occasion.

To staunch
bleed & draw
bruiwes toge-
ther.

Take a quart of *Ris flower* and temper it with running water, and make dough thereof; then according to the bignesse of the wound lay it in with the *deffensitine* plaister before rehearsed, ouer it, and euery dressing make it lesse and lesse till the wound be closed.

A mascoyle
to draw
bruiwes toge-
ther.

Take a quart of *Neates foot oyle*; a quart of *Oxe gals*, a quart of *Aquainta*, and a quart of rose water, a hand-

(all)

full of rosemary strypt, and boyle all these together till halfe be consumed, then presse and strayne it, and vse it according as you find occasion.

Take hony, pitch and butter, and seeth them together, and annoynt the hurt against the fire, and tent the fore with the same. For a wound in the guts.

Take grounell and stampe it, and seeth it with sweet milke till it be thicke, then temper it with blacke sope and lay it to the fore. For pricking with a thorne.

Take Rosin a quarter of a pound, of waxe three ounces, of oyle of *Roses* one ounce and a halfe, seeth all them together in a pint of white wine till it come to skimming, then take it from the fire and put thereto two ounces of *Venice Turpentine*, & apply it two the wound or sore. To gather flesh in wounds.

Take mustard made with strong vinegar, the crums of browne bread, with a quantity of hony and sixe figgs minxt, temper all together well and lay it vpon a cloth plaisterwise, put a thinne cloath betweene the plaister and the flesh and lay it to the place griued as oft as need requires. Additions, For a chorswellings, For the Cyaticca.

Take a pound of fine Rozin, of oyle de bay two ounces, of *Populion* as much, of *Frankensence* halfe a pound, of oyle of *spyke* two ounces, of oyle *Camomile* two ounces, of oyle of *Roses* two ounces, of *Waxe* halfe a pound, of *Turpentine* a quarter of a pound, melt them and stirre them well together and then dip linnen clothes therein, and apply the seare cloath as you shall haue occasion, & note the more oyle you vse, the more supler the seare cloath is, and the lesse oyle the stiffer it will be. A yellowe cloth for any paine or swelling.

Take a little blacke sope, salt and hony, and beate them well together, and spread it on a browne paper and apply it to the bruiſe. For bruiſes.

For swelled
leggs.

Take *mallows* and seeth them in the dregges of good Ale or milke, and make a plaister thereof, and apply it to the place swelled.

For any ache.

Take in the moneth of *may*, *Henbane*, and bruise it wel and put it into an earthen pot and put thereto a pint of *Sallet oyle* and set it in the Sunne til it be all one substance, then annoynt the ache therewith.

A playster for
any paine in
the ioynts.

Take halfe a pound of viwrought wax, as much *Rosin*, one ounce of *galbanum*, a quarter of a pound of *Le-thargy* of gold, three quarters of white *Leade*, beaten to powder and leaft, then take a pint of *Neates foot oyle*, and set it on the fire in a smal vessel which may containe the rest, and when it is all moulten, then put in the pouders and stirre it fast with a slice, and trye it vpon the bottome of a saucer, when it beginneth to be somewhat hard, then take it from the fire, and annoynt a faire boord with *Neates foote oyle*, and as you may handle it for heate, worke it vp in roubles, and it wil keepe fine or fixe yeares, being wrapped vp close in papers, and when you wil vse it, spread of it thin vpon new lockram or leather somewhat bigger then the grieft, and so if the grieft remooue follow it, renewing it morning and evening, and let it be somewhat warme when it is layd on, and beware of taking cold, and drinking hot wines.

Additions,
To grieve in the
Bones,
For bones cut
or ioynt, or sin-
newes sprung
or strained.

Take foure or five yolkes of egges, hard sodden or roasted, and take the branches of great *morrel*, and the berries in Summer, and in Winter the rootes, and bray all wel together in a mortar with sheeps milke, and then fyre it vntil it bee very thicke, and so make a plaister thereof, and lay it about the fore, and it wil take away both paine and swelling.

A bath for broken
bones.

Take a gallond of standing lye, put to it of *Plantain* and *knor-grasse*, of each two handfull, of *worme-wood*, and *comfrey*.

comfrey, of each a handfull, and boile all these together in the lye a good while, and when it is luke warme bath the broken member therewith, and take the buds of *Elder* gathered in *March*, and stripped downeward and a little boyle them in water, then eate them in oyle and very little wine Vinegar, a good quantity at a time in the morning euer before meat, or an houre before the Patient go to dinner, and it much auails to the knitting of bones.

Take *rosemary*, *fetherfew*, *orgaine*, *Pellitory* of the wall, *fennell*, *mallows*, *violet leaues*, and *Nettles*, boyle all these together, and when it is wel sodden put to it two or three gallonds of milke, then let the party stand or sit in it an houre or two, the bath reaching vp to the stomacke, and when they come out they must go to bed and sweat, beware taking of cold.

Make a plaister of wheat flower and the whits of egges and spread it on a double linnen cloth, and lay the plaister on an euen board, and lay the broken limbe thereon, and set it euen according to nature, and lap the plaister about it and splint it, and giue him to drinke *Knitwort* the iuyce thereof twice and no more, for the third time it wil vnknit, but giue him to drinke nine dayes each day twice the iuyce of *comfrey*, *da:sies* and *osmund* in stale Ale and it shal knit it, and let the fore-said plaister lye to, ten dayes at the least, and when you take it away do thus, take *hore-hound*, *red fennel*, *Hounds tong*, *Wal-wort*, and *Pellitory*, and seeth them, then vnroule the member and take away the splints, and then bath the linnen and the plaister about the member in this bath, vntil it haue lasted so long that it come gently away of it selfe, then take the afore sayd plaister and lay thereto fine or fixe daies very hot, and let each plaister lye a day

A general bath
for clearing the
skin, and com-
forting the be-
dy.

A souveraine
help for broken
bones.

and a night and alwayes splint it wel, and after cherish it with the oymments before Rehearsed, for broken bones, and keep the party from vnwholsome meats and drinks til he be whole, and if the hurt be on his arme let him beare a bal of greene hearbs in his hand to preuent the shrinking of the hand and finewes.


For any Feuer. Take *Sage, Ragwort, Tarrow*, vnset *Leekes* of each a like quantity, stamp them with Bay salt and app'ly them to the wrests of the hands.

To expel beate in a Feuer. Blanch Almonds in the cold water, and make milke of them (but it must not seeth) then put to it sugar, and in the extremity of heat, see that you drinke thereof.

The royall medicine for Feuers. Take three spooneful of Ale and a little *Saffron*, and bruise and straine it thereto, then adde a quarter of a spoonful of fine *Treacle* and mixt altogether, and drinke it when the fit comes.

Another. Take two roots of *Crow-foot* that growes in a marsh ground, which haue no little rootes about them, to the number of twenty or more, and a little of the Earth that is about them, and do not wash them, and adde a little quantity of Salt, and mixe all-wel together, and lay it on linnen cloathes, and bind it about your thumbs betwixt the first and the neather ioynt, and let it lie nine daies vnremoued, and it wil expel the Feuer.

An approoued Medicine for the greatest Laske or Flix.

 Take a right *Pommater* the greatest you can get, or else two little ones, roast them very tender to pap, then take away the skinne and the core and vse only the pap, and the like quantity of *Chalke* finely scraped, mix them both together vppon a Trencher before the fire, and

worke them wel to a plaister, then spread it vppon a linnen cloth warmed very hot as may be suffered, and so bind it vnto the nauill for twenty foure houres, vse this medicine twice or thrice or more, vntil the Laske bee stayed.

To make the oyle of *Swallowes*, take *Lauendar cotton, Spike, Knot-grasse, Ribwort, Balme, Valerian, Rosemary tops, Woodbine tops, Vine strings, French mallows*, the tops of *Alecost, Strawberry strings, Tutsan, Plantain, Walnut tree leaues*, the tops of young *Baies, Isp, violet leaues, Sage* of vertue, fine Roman *Wormwood*, of each of them a handfull, *Camomile* and *Red roses*, of each two handfull, twenty quicke *Swallowes*, and beate them altogether in a great mortar, and put to them a quart of *Neats-foot oile*, or May butter, and grind them all well together with two ounces of Cloues wel beaten, then put them altogether in an earthen pot, and stop it very close that no ayre come into it, and set it nine dayes in a Sellar or cold place, then open your pot and put into it halfe a pound of white or yellow waxe cut very smal, & a pint of oyle or butter, then set your pot close stopped into a pan of water, and let it boile sixe or eight houres, and then straine it: this oyle is exceeding soueraine for any broken bones, bones out of ioynt, or any paine or griefe eyther in the bones or finewes.

To make oyle of *Camomile*, take a quart of *Sallet oyle* and put it into a glasse, then take a handfull of *Camomile* and bruise it, and put it into the oyle, and let them stand in the same twelue daies, onely you must shift it euery three dayes, that is to straine it from the old *Camomile*, and put in as much of new, and that oyle is very soueraine for any griefe proceeding from cold causes.

To make oyle
of Lauender.

To make oyle of *Lauender*, take a pint of Sallet oyle and put it into a glasse, then put to it a handfull of *Lauender*, and let it stand in the same twelue dayes, and vse it in all respects as you did your oyle of *camomile*.

To make
smooth hands.

To make an oyle which shall make the skinne of the hands very smooth, take *Almonds* and beate them to oyle, then take whole *cloues* and put them both together into a glasse, & set it in the Sunne fūe or sixe dayes, then strayne it, and with the same annoynt your hands euery night when you goe to bed, otherwise as you haue conuenient leasure.

To make Dr.
Steuens water.

To make that soueraigne water which was first inuented by Doctor *Steuens*, in the same forme as he deliuered the Recite to the Arch-bishop of *Canturbury*, a little before the death of the sayd Doctor. Take a gallond of good *Gascoyne wine*, then take *Ginger*, *Galingale*, *cinnamon*, *Nutmegs*, *Graines*, *cloues*, bruised, *Fennell-seeds*, *carraway-seeds*, *Origanum*; of euery of them a like quantity, that is to say a dramme: Then take *Sage*, *wild Marjoram*, *Penny royall*, *Mints*, *red roses*, *Time*, *Pellitory*, *rosemary*, *wild time*, *camomill*, *Lauender*, of each of them a handfull, then bray the spices small, & bruise the hearbs & put all into the wine, and let it stand so twelue houres, only stirre it diuers times, then distill it by a *Lymbecke*, and keepe the first water by it selfe for that is the best, then keepe the second water for that is good, & for the last neglect it not, for it is very wholesome though the worst of the three. Now for the vertue of this water it is this, it comforteth the spirits & vitall parts, & helpeth all inward diseases that cometh of cold, it is good against the shaking of the palsey, & cureth the contraction of sinews, & helpeth the conception of women that be barraine, it killeth the wormes in the body, it cureth the cold

cold Cough, it helpeth the tooth-ach, it comforteth the stomack, and cureth the old droply, it helpeth the stone in the bladder and in the reines, it helpeth a stinking breath: And whosoever vseth this water moderately & not too often, preferueth him in good liking, and will make him seeme young in old age. With this water Doctor *Steuens* preferued his owne life vnrill such extreame age, that he could neither goe nor ride, & he continued his life being bed-ridden fūe yeeres, when other Physitions did iudge he could not liue one yeere, when he did confesse a little before his death, saying: that if he were sicke at any time, he neuer vsed any thing but this water only; And also the Archbishop of *Canterbury* vsed it, and found such goodnes in it that he liued till he was not able to drinke of a cup, but sucked his drinke through a hollow pipe of siluer. This water will be much the better if it be set in the Sunne.

To make a cordial *rosafolis*, take *rosafolis*, & in any wise touch not the leaues thereof in the gathering, nor wash it, take thereof foure good handfu's, then take two good pints of *Aquavita*, and put them both in a glasse or pewter pot of three or foure pints, and then stop the same hard and iust, and so let it stand three dayes and three nights, and the third day straine it through a cleane cloth into another glasse or pewter pot, and put thereto halfe a pound of *Sugar* beaten small, foure ounces of fine *Licoras* beaten into powder, halfe a pound of sound *Dates* the stones being taken out, and cut them & make them cleane, and then mince them small, and mixe all these together and stop the glasse or pot close & iust, and after distill it through a *lymbecke*, then drink of it at night to bedward halfe a spoonefull with ale or beere, but

A restorative
of Rosafolis.

but Ale is the better, as much in the morning fasting for there is not the weakest body in the world that wanteth nature or strength, or that is in a consumption, but it will restore him againe, and cause him to be strong & lusty, and to haue maruailous hungry stomacke, prouided alwaies that this *rosafolis* be gathered (as you possibly you can) at the full of the Moone when the Sun shineth before noone, and let the roots of them be cut away.

Additions, small and put them into sallet oyle, and let them stand in the same tenne or twelue daies, and then presse it. Or otherwise take a quart of oyle *Olyue*, and put thereto Sixe spoonefulls of cleane water, and stirre it well with a slice, till it waxe as white as milke, then take two pound, of red rose leaues and cut the white of the ends of the leaues away, and put the roses into the oyle, and then put it into a double glasse and set it in the Sunne all the summer time, and it is foueraigne for any scalding or burning with water or oyle.

Or els take red roses new plucked a pound or two, and cut the white ends of the leaues away, then take May Butter and melt it ouer the fire with two pound of oyle olyue, and when it is clarified put in your roses and put it all in a vessell of glasse or of earth, and stop it well about that no ayre enter in nor out, and set it in another vessell with water and let it boyle halfe a day or more, and then take it forth and straine or presse it through a cloth, and put it into glasse bottells, this is, good for all manner of vnkind heates.

To make oyle of Nutmeggs. Take two or thice pound of *Nutmegs* and cut them small and bruiſe them well, then put them into a pan and beate them, and stirre them about, which done, put them into a canuasse or strong linnen bagge, and close them

them in a presse and presse them, and get out al the Lyquor of them which will be like manna, then scrape it from the canuas bagge as much as you can with a knife, then put it into some vessell of glasse and stoppe it wel, but set it not in the Sun for it wil waxe cleane of it selfe within ten or fiftene dayes, and it is woorth thrice so much as the Nutmegges themselues, and the oyle hath very great vertue in comforting the stomack and inward parts, and asswaging the paine of the mo-her & Cyatica.

To make peroline. Take the flowers of *Spike*, and wash them only in oile *olive*, and then stamp them wel, then put them in a Canuasse bagge, and presse them in a presse as hard as you can, and take that which commeth out carefully, and put it into a strong vessell of glasse, and set it not in the Sun, for it wil cleare of it selfe, and waxe faire and bright, and wil haue a very sharpe odor of the *Spike*, and thus you may make oyle of other hearbs of like nature, as *Laender*, *camomile* and such like.

To make oyle of Masticke. Take an ounce of *Mastick*, and an ounce of *Olibanum* pounded as smal as is possible, and boyle them in oyle *Oliue* (a quart) to a third part, then presse it and put it into a glasse, and after ten or twelue dayes it wil be perfect: it is exceeding good for any cold grieve.

Thus hauing in a summary manner passed ouer al the most Physical and Chyrurgical notes which burthene the mind of our *English House-wife*, being as much as is needful for the preservation of the health of her family: and hauing in this Chapter shewed al the inward vertues wherewith she should be adorned. I wil now returne vnto her more outward and actiue Knowledges, wherein albeit the mind be as much occupied as before: yet is the body a great deale more in vie: neyther can the worke be wel affected by Rule or direction.



The English Housewives Skill in Cookery.

CHAP. 2.

Of the outward and active Knowledge of the Housewife; and of her skill in Cookery; as Sallets of all sorts, with Flesh, Fish, Sauces, Pastry, Banqueting-stuffe and ordering of great feasts.

TO speake then of the outward and active Knowledges which belong vnto our English House-wife, I hold the first and most principal to be a perfect skill and Knowledge in Cookery, together with al the secrets belonging to the same, because it is a duty rarely belonging to a woman; and she that is utterly ignorant therein, may not by the Lawes of strict Iustice challenge the freedome of Marriage, because indeede she can then but performe halfe her vow; for shee may loue and obey, but she cannot cherish, serue, and keepe him with that true duty which is euer expected.

She must know
all herbes.

To proceede then to this knowledg of Cookery, you shall vnderstand, that the first steppe thereunto is, to haue Knowledge of all sorts of hearbes belonging vnto the Kitchin, whether they be for the Pot, for Sallets, for Sauces, for Seruings, or for any other Seasoning, or adorning: which skill of Knowledge of the Hearbes, shee must get by her owne true labour and experience,

and not by my relation, would be much too tedious, & for the vse of them, he shall see it in the composition of dishes & meates hereafter following. Shee shall also know the time of the yeere, Moneth and Moone, in which all Hearbs are to be sowne; and when they are in their best flourishing, that gathering all Hearbs in their height of goodnesse, shee may haue the prime vse of the same. And because I will inable, and not burden her memory, I will here giue her a short Epitomie of all that knowledge.

First then, let our English House-wife know, that shee may at al times of the Moneth and Moone, generally sow Asparagus, Colwerts, Spinage, Lettice, Parsnips, Radish, and Chines.

In February, in the new of the Moone, shee may sow Spyke, Garlicke, Borage, Buglosse, Cheruyle, Coriander, Gourds, Cresses, Marioram, Palma Christi, Flower gentile, white Poppy, Purslan, Radish, Rocket, Rosemary, Sorrell, Double Marigolds and Time. The Moone full shee may sow Anniseeds musked, Violets, Blets, Skirrits, White Succory, Fennell, and Parsly. The Moone old, sow Holy Thystell, Cole Cabadge, white Cole, greene Cole, Cucumbers, Harts-Horne, Diers Graine, Cabadge, Lettice, Mellons, Onions, Parsnips, Larkes Heele, Burnat and Leekes.

In March the Moone new, sow Garlicke, Borage, Buglosse, Cheruyle, Coriander, Gourds, Marioram, white Poppy, Purslan, Radish, Sorrell, Double Marigolds, Time, Violets. At the full Moone, Anniseeds, Blets, Skirrets, Succory, Fennell, Apples of Loe, and Marueilous Apples. At the wane, artichocks, Bassil, Blessed Thistle, Cole cabadge, white cole, Greene cole, citrons, cucumbers, Harts-Horne, Samphire, Spinage, Gilliflowers, Isop, cabadge, Lettice, Mellons, Mugrets, Onions, Flower Gentil, Burnet, Leekes, and

and *Sauory*. In *May*, the Moone old, sow *blessed Thistle*. In *June*, the Moone new, sow *gourds* and *radishes*. The Moone old, sow *cucumbers*, *mellons*, *parsnips*. In *July*, the Moone at full, sow *white Succory*; and the Moone old, sow *cabadge*, *lettice*. Lastly, in *August*, the Moone at the full, sow *white Succory*.

Transplanting
of Herbes,

Also she must know, that Herbes growing of Seeds, may be transplanted at all times, except *chervile*, *Arage*, *Spinage*, and *Pseley*, which are not good being once transplanted, observing euer to transplant in moyste and rainy weather.

Choice of seeds

Also she must know, that the choice of seeds are twofold, of which some grow best, being new, as *cucumbers* and *leekes*, and some being old as *coriander*, *parsley*, *sauory*, *beets*, *erigan*, *creffes*, *spinage* and *poppy*, you must keep cold *lettice*, *artichokes*, *basil*, *holy thistle*, *cabadge*, *cole*, *Dyers graine*, and *mellons*, fiftene dayes after they put forth of the earth.

Prosperity of
seeds.

Also Seedes prosper better being sowne in temperate weather, then in hot, cold, or dry dayes. In the moneth of *April*, the moone being new, sow *mariorum*, *flower-gentle*, *time*, *violets*: in the full of the moone, *apples of loue*, and *maruailous apples*: and in the wane, *artichokes*, *holy thistle*, *cabadge*, *cole*, *citrons*, *harts-hornes*, *samphire*, *gilliflowers*, and *parsnips*.

Gathering of
seeds

Seeds must be gathered in faire weather, at the wane of the moone, and kept some in Boxes of Wood, some in bagges of Leather, and some in vessels of earth, and after to be wel cleaned and dried in the Sunne or shadow: Other some, as *Onions*, *chibols*, and *Leekes*, must be kept in their huskes. Lastly, she must know, that it is best to plant in the last quarter of the moone; to gather grafts in the last but one, and to graft two dayes after.

After the change; and thus much for her knowledge briefly of Herbs, and how he shall haue them continually for her vse in the Kitchin.

It resteth now that I proceede vnto Cookerie it selfe, which is the dressing and ordering of meate, in good and wholesome manner; to which, when our *Hors wife* shall addresse her selfe, she shall well vnderstand, that these qualities must euer accompany it: First, shee must bee cleanly both in body and garments, shee must haue a quicke eye, a curious nose, a perfect taste, and ready eare (shee must not be butter-fingred, sweete-toothed, nor faint-hearted;) for, the first will let euery thing fall, the second will consume what it should increase, and the last will loose time with too much nicenesse. Now for the substance of the Art it selfe, I will diuide it into five parts; the first, Sallats and Fricases; the second, boyled Meates and Broaths; the third, Roast meates, and Carbonados; the fourth, Bak't meates and Pies; and the fith, B. nqueting and made dishes, with other conceites and secrets.

OF
Cookery and
the parts
thereof,

First then to speake of Sallats, there be some simple, and some compounded; some onely to furnish out the table, and some both for vse and adoration: your simple Sallats are Chibols pilled, washt cleane, and halfe of the greene tops cut cleane away, so serued on a Fruit dish, or Chines, Sealions, Radish-roots, boyled Carrets, Skirrets, and Turneps, with such like serued vp simply: also, all young Lettice, Cabage-lettice, Porssan, and diuers other hearbs which may be serued simply without any thing, but a little Vinegar, Sallet-Oyle, and Sugar: Onions boyled, and stript from their rind, and serued vp with Vinegar, F oyle

Of Sallats.
Simple Sallats

oyle & Pepper is a good simple Sallat, so is Samphire, Beane-cods, Sparagus, and Cucumbers, serued in like-wise with Oyle, Vinegar and Pepper, with a world of others, too tedious to nominate.

Of compound
Sallets.

Your compound Sallats, are first the young Buds and Knots of all manner of wholesome hearbs at their first springing; as Red-sage, Mints, Lettice, Violets, Marigolds, Spinage, and many other mixed together, and then serued vp to the table with Vinegar, Sallet Oyle and Sugar.

Another com-
pound Sallet.

To compound an excellent Sallat, and which indeed is vsuall at great feasts, and vpon Princes tables: Take a good quantity of blancht Almonds, and with your shredding Knife cut them grossely; then take as many Raisins of the Sunne cleane washt, and the stones pickt out, as many Figs shred like the Almonds, as many Capers, twice so many Olyues, and as many Currants as of all the rest cleane washt: a good handfull of the small tender leaues of Red Sage and Spinage: mixe all these well together with good store of Sugar, and lay them in the bottome of a great dish; then put vnto them Vinegar and Oyle, and scrape more Sugar ouer all: then take Orenge and Lemons, and paring away the outward piles, cut them into thinne slices, then with those slices couer the Sallet all ouer; which done, take the fine thinne leafe of the red Cole-flower, and with them couer the Orenge and Lemons all ouer; then ouer those red leaues lay another course of old Oliues, and the slices of wel pickled Cucumbers, together with the very inward heart of your Cabbage lettice cut into slices; then adorne the sides of the dish, and the top of the Sallet with moe slices of Lemons and Orenge, and so serue it vp.

To

To make an excellent compound boild Sallat: take of Spinage well washt, two or three handfulls, and put it into faire water, and boile it till it be exceeding soft, & tender as pap; then put it into a Cullander and draine the water from it, which done, with the back side of your Chopping-knife chop it, and bruiſe it as small as may be: then put into a Pipkin with a good lumpe of sweete butter, and boile it ouer againe; then take a good handfull of Currants cleane washt, and put to it, & stire them well together; then put to as much Vinegar as will make it reasonable tart, and then with Sugar season it according to the taste of the Master of the house, and so serue it vpon sippets.

An excellent
boild Sallet.

Your preserued Sallats are of two kinds, either pickled, as are Cucumbers, Samphire, Purslan, Broome, and such like, or preserued with Vinegar; as Violets, Primrose, Cowslips, Gillyflowers of all kindes, Broome-flowers, and for the most part any wholesome flower whatsoeuer.

Of preseruing
of Sallets.

Now for the picking of Sallats, they are only boiled, and then drained from the water, spread vpon a table, and good store of Salt throwne ouer them, then when they are thorow cold, make a Pickle with Water, Salt, and a little Vinegar, and with the same pot them vp in close earthen pots, and serue them forth as occasion shall serue.

Now for preseruing Sallats, you shall take any of the Flowers before-sayd after they haue beene pickt cleane from their stalkes, and the white ends (of them which haue any) cleane cut cway, and washt and dried, and taking a glasse-pot like a Gally-pot, or for want thereof a Gally-pot it selfe; and first strew a little Sugar in the bottome, then lay a layer of the Flowers,

F 2

then

then couer that layer ouer with Sugar; then lay another layer of the Flowers, and another of Sugar; and thus do one aboue another till the pot be filled, euer and anon preſſing them hard downe with your hand: this done, you ſhall take of the beſt and ſharpeſt Vinegar you can get (& if the vinegar be diſtilled vinegar, the Flowers will keepe their colours the better) and with it fill vp your pot till the Vinegar ſwim aloft, and no more can be receiued; then ſtop vp the pot cloſe, & ſet them in a dry temperate place, and vſe them at pleaſure, for they will laſt all the yere.

The making of
ſtrange Sallats

Now for the compounding of Sallats of theſe pickled and preſerued thinges, though they may be ſerued vp ſimply of themſelues, and are both good and dainty; yet for better curioſity, and the finer adorning of the table, you ſhall thus vſe them: Firſt, if you would ſet forth any red Flower that you know or haue ſcene, you ſhall take your pots of preſerued Gilliflowers, and ſuting the colours anſwerable to the Flower, you ſhall proportion it forth, and lay the ſhape of the Flower in a Fruit-diſh; then with your Purſlan leaues make the Greene Coſſin of the Flower, and with the Purſlan ſtalke, make the ſtalke of the Flower, and the diuiſions of the leaues and branches; then with the thinne ſlices of Cucumbers make their leaues in true proportions, iagged or otherwiſe: and thus you may ſet forth ſome full blowne, ſome halfe blowne, and ſome in the bud, which will be pretty and curious. And if you will ſet forth yellow flowers, take the pots of Primroſes and Cowſlips: if blew flowers, then the pots of Violets or Bagloſſe Flowers, and theſe Sallats are both for ſhew and vſe; for they are more excellent for taſte then for to looke on.

Now

Now for *Sallets* for ſhew only, and the adorning and ſetting out of a table with numbers of diſhes, they be thoſe which are made of *Carret* rootes of fundrye colours well boiled, and cut out into many ſhapes and proportions, as ſome into knots, ſome in the manner of Scutchions and Armes, ſome like Birds, and ſome like wild Beaſts, according to the Art and cunning of the Workman; and theſe for the moſt part are ſeaſoned with Vinegar, Oyle, and a little Pepper. A world of other *Sallets* there are, which time and experience may bring to our *Houſe-wiſes* eye, but the compoſition of them, and the ſeruing of them differeth nothing from theſe already rehearſed.

Now to proceed to your *Fricafes*, or *Quelque choſes*, which are diſhes of many compoſitions, and ingredients; as Fleſh, Fiſh, Egges, Hearbs, and many other thinges, all being prepared and made ready in a frying pan, they are likewiſe of two ſorts, ſimple and compound.

Your ſimple *Fricafes* are Egges and Collops fried, whether the Collops be of Bacon, Ling, Beeſe, or young Porke, the trying whereof is ſo ordinary, that it needeth not any relation, or the frying of any Fleſh or Fiſh ſimple of it ſelfe with Butter or ſweete Oyle.

To haue the beſt Collops and Egges, you ſhall take the whiteſt and youngſt Bacon; and cutting away the ſward, cut the Collops into thin ſlices, lay them in a diſh, and put hot water vnto them, and ſo let them ſtand an houre or two, for that will take away the extreame ſalineſſe: then draine away the water cleane, and put them into a drie pewter diſh, and lay them one by one, and ſet them before the heate of the fire, ſo as they may roaſte and tunc them ſo,

OF
Fricafes and
Quelque choſes.

Of ſimple *Fricafes*.

Beſt Collops
and Egges.

as they may toast sufficiently thorow and thorow: which done, take your Egges and breake them into a dish, and put a spoonefull of vinegar vnto them: then set on a cleane Skillet with faire water on the fire, and as soone as the water boyleth put in the Egges, and let them take a boile or two, then with a spoone trie if they bee hard enough, and then take them vp, and trim them, and dry them; and then dishing vp the Collups, lay the Egges vpon them, and so serue them vp: and in this sort you may potch Egges when you please, for it is the best and most wholsome.

Of the compound fricases.

Now the compound Fricases are those which consist of many things, as Tanfies, Fritters, Pancakes, and any Quelque chose whatsoeuer, beeing things of great request and estimation in *France, Spaine, and Italy*, and the most curious Nations.

To make the best Tansey.

First then for making the best Tansey, you shal take a certaine number of egges, according to the bignesse of your Frying-pan, and breake them into a dish, abating euer the white of euery third egge; then with a Spoon you shal cleanse away the little white Chickin-knoes which sticke vnto the yolkes; then with a little Creame beate them exceedingly together; then take of greene Wheat blades, Violet leaves, Straw-berry leaues, *Spinage*, and *Succory*, of each a like quantity, and a few *Walnut tree* buds; choppe and beate all these very wel, and then straine out the iuice, and mixing it with a little more Creame, put it to the egges, and stirre all wel together, then put in a few crummes of Bread, fine grated Bread, *Cynamon*, *Nutmegge*, and Salt, then put some sweete Butter into the Frying-panne, and so soone as it is dissolued or melted, put in the Tansey, and frye it browne without burning, and with a dish

turne

turne it in the Panne as occasion shal serue; then serue it vp, hauing strewed good store of Suger vpon it, for to put in Suger before wil make it heauy: Some vse to put of the hearbe Tansey into it, but the *Walnut tree* buds do giue the better taste or rellish; and therefore when you please for to vse the one, doe not vse the other.

To make the best Fritters, take a pint of Creame and warme it: then take eight egges, onely abate foure of the whites, and beate them wel in a Dish, and so mixe them with the Creame, then put in a little Cloues, Mace Nutmegge and Saffron, and stirre them wel together: then put in two spoonfull of the best Ale-baine, and a little Salt, and stirre it againe: then make it thicke according vnto your picalure with wheate flower: which done, set it within the aire of the fire, that it may rile and swel, which when it doth, you shal beate it in once or twice, then put into it a penny pot of Sacke: al this being done, you shal take a pound or two of very sweet seame, and put it into a panne, and set it ouer the fire, and when it is moulten and beginnes to bubble, you shal take the Fritter-batter, and setting it by you, put thick slices of wel-pared Apples into the Batter, and then taking the Apples and Batter out together with a spoone, put it into the boiling Seame, and boile your Fritters crispe and browne: And when you finde the strength of your seame consume or decay, you shal renew it with more seame, and of all sorts of seame, that which is made of the Beefe-suet is the best and strongest: when your Fritters are made, strow good store of Suger and Cinamon vpon them, being faire dist, and so serue them vp.

The best Fricases.

To make the best Pancake, take two or three egges,

The best Pancakes.

F 4

and breake them into a dish, and beate them well: then adde vnto them a pretty quantity of fair running water, and beate all well together: then put in Cloues, Mace, Cinamon, and Nutmeg, and season it with Salt: which done, make it thicke as you thinke good with fine Wheate-flower: then file the cakes as thinne as may be with sweete Butter, or sweete Seame, and make them browne, and so serue them vp with Sugar strowed vpon them. There be some which mixe Pancakes with new Milke or Creame, but that makes them tough, cloying, and not crispe, pleasant and sauiory as running water.

Veale toasts.

To make the best Veale tosts; take the kidney fat, & all of a loyne of veale roasted, and shred as small as is possible; then take a couple of Egges and beate them very well; which done, take Spinage, Succory, Violet-leaues, and Marigold-leaues, and beate them, and straine out the iuyce, and mixe it with the Egges: then put it to your Veale, and stirre it exceedingly well in a dish; then put to good store of Currance cleane washt and pickt, Cloues, Mace, Sinamon, Nutmegge, Sugar and Salt, and mixe them all perfectly wel together: then take a Manchet and cut it into tosts, and tost them well before the fire; then with a spoone lay vpon the tost in a good thickeesse the Veale, prepared as before-sayd: which done, put into your frying pan good store of sweete Butter, and when it is wel melted and very hot, put your tosts into the same with the bread side vward, and the flesh side downeward: and as soone as you see they are fryed browne, lay vpon the vpper-side of the tosts which are bare more of the flesh meate, and then turne them, and trie that side browne also: then take them out of the pan and dish them vp, and

and strow Sugar vpon them, and so serue them forth.

There be some Cookes which will do this but vpon one side of the tosts, but to do it on both is much better; if you adde Creame it is not amisse.

To make the best Panperdy, take a dozen Egges, & breake them, and beate them very well, then put vnto them Cloues, Mace, Cinamon, Nutmeg, and good store of Sugar, with as much Salt as shall season it: then take a Manchet, and cut it into thicke slices like tosts; which done, take your frying pan, and put into it good store of sweete Butter, and being melted lay in your slices of bread, then powre vpon them one halfe of your Egges; then when that is fryed, with a dish turne your slices of bread vward, and then powre on them the other halfe of your Egges, & so turne them till both sides be browne; then dish it vp, and serue it with Sugar strowed vpon it.

To make the best panperdy.

To make a Quelquechose, which is a mixture of many things together; take the Egges and breake them, & do away the one halfe of the Whites, and after they are beaten put them to a good quantity of sweete Creame, Currants, Cinamon, Cloues, Mace, Salt, & a little Ginger, Spinage, Endiue, and Marigold flowers grossly chopt, and beate them all very well together: then take Piggs Petitors slic't, and grossly chopt, and mixe them with the egges, and with your hand stirre them exceedingly well together; then put sweete butter in your frying pan, and being melted, put in all the rest, and fry it browne without burning, euer and anon turning it till it be fryed enough; then dish it vp vpon a flat Plate, and so serue it forth. Onely herein is to be obserued, that your Petitors must be very well boyled before you put them into the Frycase.

To make any quelquechose.

And

Additions,
To the House-
wifes Cookery.

And in this manner as you make this *Quelequechoife*, so you may make any other, whether it be of flesh, smal Birds, sweet roots, oysters, muskles, cockles, giblets, lemons, Orenge, or any fruit, pulse, or other Sallet hearb whatsoeuer; of which to speake severally were a labour infinite, because they vary with mens opinions. Only the composition and worke is no other then this before prescribed; and who can do these, need no further instruction for the rest. And thus much for *Sallets* and *Fricases*.

To make Fric-

To make Fritters another way, take Flower, milke, Berme, grated Bread, smal Raisins, Cinamon, Suger, Cloues, Mace, Pepper, Saffron, and Salt; stirre all these together very wel with a strong spoone, or smal Ladle; then let it stand more then a quarter of an houre that it may rise, then beate it in againe, and thus let it rise & beate in, twice or thrice at least; then take it and bake them in sweete and strong seame, as hath beene before shewed, and when they are serued vp to the table, see you strow vpon them good store of Suger, Cynamon, and Ginger.

To make the
best white Puddings.

Take a pint of the best, thickest and sweetest cream, and boile it, then whilest it is hot, put thereunto a good quantity of faire great Oate-meale Grotes very sweete, and cleane pickt, and formerly steapt in Milke twelue houres at least, and let it soake in this Cream another night; then put thereto at least eight yolkes of Egges, a litle Pepper, Cloues Mace, Saffron, Currants, Dates, Suger, Salt, and great store of Swines suet, or for want thereof, great store of Beefe suet, and then fill it vp in the Farines according vnto the order of good House-wifery, and then boile them on a soft and gentle fire, and as they swel, pricke them with a great pin,

or

or smal Awle, to keepe them that they bust not; and when you serue them to the Table (which must be not vntill they be a day old,) first, boile them a litle, then take them out and toast them browne before the fire, & so serue them, trimming the edge of the dish cyther with salt or Suger.

Take the Liuer of a fat Hogge, and parboile it, then shred it smal, and after beate it in a mortar very fine; then mixe it with the thickest and sweetest Cream, and strayne it very wel through an ordinary strainer, then put thereto six yolkes of egges, and two whites, and the grated crummes of neere-hand a penny white loafe, with good store of Currants, Dates, Cloues, Mace, Suger, Saffron, Salt, and the best Swine suet, or Beefe suet, but Beefe suet is the more wholesome, and lesse loosning; then after it hath stood a while, fill it into the Farines, & boile them, as before shewed: and when you serue them vnto the table, first, boile them a litle, then lay them on a Gridyron over the coales, and broile them gently, but scorch them not, nor in any wise breake their skinner, which is to be preuented by oft turning and tossing them on the Gridyron, and keeping a slow fire.

Puddings of a
Hogs Liuer.

Take the yolkes and Whites of a dozen or fourteene egges, and hauing beate them very wel, put vnto them the fine powder of Cloues, Mace, Nutmegges, Suger, Cynamon, Saffron and Salt; then take the quantity of two loaves of white grated Bread, Dates (very smal shred) and great store of Currants, with good plenty cyther of Sheepes, Hogges or Beefe suet beaten and cut smal: then when all is mixt and stirred wel together, & hath stood a while to settle, then fill it into the Farines as hath been before shewed, and in like manner boyle them,

To make bread
puddings.

them, cooke them, and serue them to the Table.

Rice Puddings. Take halfe a pound of Rice, and steepe it in new Milke a whole night, and in the morning draine it, and let the Milke drop away: then take a quart of the best, sweetest and thickest Creame, and put the Rice into it, and boyle it a little; then set it to coole an hour or two, and after put in the Yolke, of halfe a dozen Egges, a little Pepper, Cloues, Mace, Currants, Dates, Sugar and Salt; and hauing mixt them well together, put in great store of Beefe Suet well beaten, and small shred, and so put it into the farmes, and boyle them as before shewed, and serue them after a day old.

*Another of
Lice:*

Take the best Hogges Liuer you can get, and boyle it extreamecy till it bee as hard as a stone; then lay it to coole, and being cold, vpon a bread-grater grate it all to powder; then sift it through a fine meale-siue, and put to it the crummes of (at least) two penny loaues of white bread, and boyle all in the thickest and sweetest Creame you haue till it be very thick; then let it coole, and put it to the yolkes of halfe a dozen Egges, a little Pepper, Cloues, Mace, Currants, Dates small shred, Cinamon, Ginger, a little Nutmeg, good store of Sugar, a little Saffron, Salt, and of Beefe and Swines suet great plenty, then fill it into the Farmes, & boyle them as before shewed.

*Puddings of a
Calues Mug-
get.*

Take a Calues Mugget, cleane and sweete drest, and boyle it well; then shred it as small as is possible, then take of Strawberry leaues, of Endiue, Spinage, Succory, and Sannell of each a pretty quantity, and chop them as small as is possible, and then mixe them with the Mugget; then take the Yolkes of halfe a dozen Egges, and three Whites, and beate them into

it also; and if you find it is too stiffe, then make it thinner with a little Creame warmed on the fire, then put in a little Pepper, Cloues, Mace, Cynamon, Ginger, Sugar, Currants, Dates and Salt, and worke all together, with casting in little peyres of sweet Butter one after another, till it haue receiued good store of Butter, then put it vp into the Calues bagge, Sheepes bagge, or Hogs bagge, and then boyle it well, and so serue it vp.

Take the Blood of an Hogge whilest it is warme, and steepe it in a quart, or more, of great Oate meale-grotes, and at the end of three dayes with your hands take the Groats out of the bloud, and draine them cleane; then put to those Grotes more then a quart of the best creame warmed on the fire: then take mother of Time, Parsley, Spinnage, Succory, Endiue, Sorrell and Strawberry leaues, of each a few chopt exceeding small, and mixe them with the Grotes, and also a little Fennell seede finely beaten: then adde a little Pepper, Cloues and Mace, Salt and great store of suet finely shred, and well beaten: then therewith fill your Farmes, and boyle them, as hath beene before described.

A Blood Pudding.

Take the largest of your chines of Porke, and that which is called a Lisse, and first with your knife cut the leane thereof into thinne slices, and then shred small those slices, and then spread it ouer the bottome of a dish or woddon platter: then take the fatte of the chine and the Lisse, and cut it in the very selfe same manner, and spread it vpon the leane, and then cut more leane, and spread it vpon the fatte, and thus doe one leane vpon another, till all the Porke be shred, obseruing to beginne and end with the leane: then with your sharpe knife scorch it through

through and through diners wayes, and mixe it all well together: then take good store of Sage, and shred it exceeding small, and mixe it with the flesh, then giue it a good season of Pepper and Salt; then take the farmes made as long as is possible, and not cut in pieces as for Puddings, and first blow them well to make the meate slip, and then fill them: which done, with threads deuide them into feuerall linkes as you please, then hang them vp in the corner of some Chimney cleane kept, where they may take ayre of the fire, and let them drie there at least foure dayes before any bee eaten; and when they are serued vp, let them bee either fried or broyled on the Gridyron, or else roasted about a Capen.

OF
Boyled meates
ordinary.

It resteth now that we speake of boild meates and brothis, which for asmuch as our House-wife is intended to be generall, one that can as well feed the poore as the rich, we will first begin with those ordinary wholesom boyled meates, which are of vse in euery good mans house: therefore to make the best ordinary Pottage, you shall take a racke of Mutton cut into pieces, or a leg of Mutton cut into pieces; for this meate and these ioynts are the best, although any other ioynt, or any fresh Beeffe will likewise make good Pottage: and hauing washt your meate well, put it into a cleane pot with faire water, & set it on the fire; then take *Violet* leaues, *Succory*, *Strawberry* leaues, *Spinage*, *Langbeefe*, *Marigold* flowers, *Scallions*, and a little *Parsly*, and chop them very small together, then take halfe so much oat-meale well beaten as there is Hearbs, and mixe it with the Hearbs, and chop all very well together: then when the pot is ready to boyle, skum it very well, and then put in your hearbs, and so let it boyle with a quick fire,

fire, stirring the meate oft in the pot, till the meate be boyled enough, and that the hearbs and water are mixt together without any separation, which will be after the consumption of more then a third part: Then season them with Salt, and serue them vp with the meate either with Sippers or without.

Some desire to haue their Pottage geene, yet no hearbs to be seen in this case: you must take your herbs <sup>Pottage with-
out figar et
hearbs.</sup> and Oat-meale, and after it is chopt, put it into a stone Morter, or Bowle, and with a wooden pestell beate it exceedingly, then with some of the warme liquor in the pot strayne it as hard as may be, and so put it in and boyle it.

Others desire to haue Pottage without any hearbs at all, and then you must only take Oat-meale beaten, and <sup>Pottage with-
out hearbs.</sup> good store of Onions, and put them in, and boyle them together; and thus doing you must take a greater quantity of Oat-meale then before.

If you will make Pottage of the best and daintiest kind, you shall take Mutton, Veale or Kidde, & hauing broke the bones, but not cut the flesh in pieces, and wash it, put it into a pot with faire water, after it is ready to boyle, and is thoroughly skumd, you shall put in a good handfull or two of small Oat-meale: and then take whole lettice of the best and most inward leaues, whole spinage, endiue, succory, and whole leaues of colic flower, or the inward partes of white cabbage, with two or three slic't Onions; and put all into the pot and boyle them well together till the meate bee enough, and the hearbes so soft as may bee, and stirre them oft well together; and then season it with salt and as much veruayce as will onely turne the tast of the pottage; and so serue them vp, couering the meate with the whole

To make ordi-
nary stewd
broth.

whole hearbes, and adorning the dish with sippets.
To make ordinary stewd broth, you shall take a necke of veale, or a leg, or many bones of beefe, or a pullet, or mutton, and after the meate is washt, put it into a pot with faire water, and being ready to boyle, skumme it well: then you shall take a couple of marchers, and paring away the crust, cut it into thicke slices, and lay them in a dish, and couer them with hot broth out of the pot: when they are steept, put them and some of the broth into a strainer, and straine it, and then put it into the pot: then take halfe a pound of Prunes, halfe a pound of Raisins, and a quarter of a pound of Currants cleane pickt and washt, with a little whole Mace, and two or three bruised cloues, and put them into the pot, and stirre all well together, and so let them boyle till the meate be enough, then if you will alter the colour of the broth, put in a little Turnesole, or red Saunders, and so serue it vpon sippets, and the fruite vppermost.

A fine boyled
meate.

To make an excellent boyled meate: take foure peeces of a racke of mutton, and wash them cleane, and put them into a pot well scowred with faire water; then take a good quantity of Wine and Veriuyce and put into it: then slice a handfull of Onions and put them in also, and so let them boyle a good while, then take a peece of sweete butter with ginger and salt and put it to also, and then make the broth thicke with grated bread, and so serue it vp with sippets.

To boyle a
Mallard.

To boyle a Mallard curiously, take the Mallard when it is faire dressed, washed and trust, and put it on a spit and rost it till you can get the graye out of it: then take it from the spit and boyle it, then take the best of the broth into a Pipkin, and the graye which you

you saued, with a peece of swete butter and Currants, Vinegar, Sugar, Pepper and grated bread: Thus boyle all these together, and when the Mallard is boyled sufficiently, lay it on a dish with sippets, and the broth vpon it, and so serue it forth.

To make an excellent *Olepotrige*, which is the onely principall dish of boild meate which is esteemed in all *Spaine*, you shall take a very large vessell, pot or kettell, and filling it with water, you shall set it on the fire, and first put in good thicke gobbets of well fed Beefe, and being ready to boyle, skumme your pot; when the Beefe is halfe boyled, you shall put in Potato-roots, Turneps, and Skirrets: also like gobbets of the best Mutton, and the best Poike; after they haue boyled a while, you shall put in the like gobbets of Venison, red, and Fallow, if you haue them; then the like gobbets of Veale, Kidde, and Lambe; a little space after these, the foreparts of a fat Pigge, and a crambd Puller; then put in Spinage, Endiue, Succory, Marigold leaues and flowers, Lettice, Violet leaues, Strawberry leaues, Buglosse and Scallions, all whole and vnchopt; then when they haue boyled a while, put in a Partridge and a Chicken chopt in peeces, with Quilles, Railes, Blackbirds, Larkes, Sparrowes and other small birds, all being well and tenderly boyled, season vp the broth with good store of Sugar, Cloues, Mace, Cinamon, Ginger and Nutmegge mixt together in a good quantity of Veriuyce and salt, and so stirre vp the pot well from the bottome, then dish it vp vpon great Chargers, or long Spanish dishes made in the fashion of our English wooden trays, with good store of sippets in the bottome; then couer the meate, allouer with Prunes, Raisins, Currants, and blanchet

To make an
excellent Ole-
potrige.

Almonds, boyled in a thing by themselves; then couer the fruit and the whole boiled hearbs, and the herbs with slices of Oranges and Lemmons, and lay the rootes round about the sides of the dish, and strew good store of Sugar over all, and so serue it forth

To make the
best white
broth.

To make the best white broth, whether it be with Veale, Capon, Chickins, or any other Fowle or Fish: First boile the flesh or fish by it selfe, then take the value of a quart of strong mutton broth, or fat Kedge broth, and put it into a pipkin by it selfe, and put into it a bunch of Time, Morierome, Spinage and Endiue bound together; then when it seeths put in a pretty quantity of Beefe marrow, and the marrow of Mutton, with some whole Mace and a few bruised Cloues; then put in a pint of White-wine with a few whole slices of Ginger; after these haue boyled a while together, take blanch't Almonds, and hauing beaten them together in a mortar with some of the broth, straine them and put it in also; then in another pipkin boile Currants, Prunes, Raisins, and whole Cinamon in veriuice and Sugar, with a few sliced Dates; and boile them till the veriuice bee most part consumed, or at least come to a fyrrup; then draine the fruit from the fyrrup, and if you see it be high coloured; make it white with sweete cream warmed, and so mixe it with your wine broth; then take out the Capon or the other Flesh or Fish, and dish it vp drie in a dish; then powre the broth vpon it, and lay the fruit on the top of the meate, and adorne the side or the dish with very dainty sippets; first *Oranges*, *Lemmons*, and *Sugar*, and so serue it forth to the table.

To

To boile any wild Fowle, as *Mallard*, *Teale*, *Widgeon*, or such like: First boile the Fowle by it selfe, then take a quart of strong *Mutton*-broth, and put it into a pipkin, and boile it; then put into it good store of sliced *Onions*, a bunch of sweete pot-herbs, and a lump of sweete butter; after it hath boiled well, season it with veriuice, salt and sugar, and a little whole Pepper; which done, take vp your Fowle and break it vp according to the fashion of caruing, and stick a few *Cloues* about it; then put it into the broth with *Onions*, and there let it take a boyle or two, and so serue it and the broth forth vpon sippets, some vse to thicken it with toasts of bread steeped and strained, but that is as please the Cooke.

To boile any
wild Fowle.

To boile a legge of *Mutton*, or any other ioynt of meate whatsoever; first after you haue washt it cleane, parboile it a little, then spit it and giue it halfe a dozen turnes before the fire, then draw it when it begins to drop, and presse it betwene two dishes, and saue the gray, then slash it with your knife, and giue it halfe a dozen turnes more, and then presse it againe, and thus doe as often as you can force any moisture to come from it; then mixing *Mutton*-broth, White-wine, and Veriuice together, boyle the *Mutton* therein till it bee tender, and that most part of the liquor is cleane consumed; then hauing all that while kept the gray you tooke from the *Mutton*, stewing gently vpon a Chaffing-dish and coales, you shall adde vnto it good store of salt; sugar, cinamon and ginger, with some Lemmon slices, and a little of an Oringe pill, with a few fine white-bread crums; then taking vp the *Mutton*, put the remainder of the broth in, and put in likewise the graine,

To boile a leg
of Mutton.

and

and then serue it vp with sippets, laying the *Lemon* slices vppermost, and trimming the dish about with *Sugar*.

An excellent
way to boyle
Chickens.

If you will boyle *Chickens*, young *Turkies*, *Pea-hens*, or any house fowle daintily, you shall after you haue trimmed them, drawne them, trust them, and washt them, fill their bellies as full of *Parsly* as they can hold; then boyle them with salt and water onely till they bee enough: then take a dish and put into it verjuice, and *Butter*, and *Salt*, and when the *Butter* is melted, take the *Parsly* out of the *Chickens* bellies, and mince it very small, and put it to the verjuice and *Butter*, and stirre it well together; then lay in the *Chickens*, and trimme the dish with sippets, and so serue it forth.

A broth for any
fresh fish.

If you will make broth for any fresh fish whatsoeuer, whether it be Pike, Breame, Carpe, Eele, Barbell or such like: you shall boyle water, verjuice and *Salt* together with a handfull of sliced *Onions*, then you shall thicken it with two or three Spoonfull of Ale-borne; then put in a good quantity of whole *Barberies*, both branches and other, as also pretty store of *Currants*: then when it is boild enough, dish vp your *Fish*, and powre your broth vnto it, laying the truite and *Onions* vppermost. Some to this broth, will put *Praunes*, and *Dates* sliced, but it is according to the fancy of the Cook, or the will of the House holder.

Thus I haue from these few presidents shewed you the true Art and making of all sorts of boild-meates, and broths; and though men may coine strange names, and faime strange Art, yet be assured, she that can doe these, may make any other whatsoeuer, altering the taste by the alteration of the compounds as shee shall see occasion

occasion: And when a broth is too sweete, to sharpen it with verjuice, when too tart, to sweeten it with *Sugar*: when flat and wallowish, to quicken it with *Oreniges* and *Lemmons*; and when too bitter, to make it pleasant with hearbes and spices.

Take a Mallard when it is cleane dressed, washed and trust, and parboyle it in water till it be skummed and purified: then take it vp, and put it into a Pipkin with the nocke downeward, and the tayle vpward, standing as it were vpright: then fill the Pipkin halfe full with that water, in which the Mallard was parboyld, and fill vp the other halfe with White Wine: then pill and slice thin a good quantite of *Onyons*, and put them in with whole fine hearbes, according to the time of the yeare, as Lettice, Strawberry leaues, Violet-leaues, Vine-leaues, Spinage, Endiue, Succory, and such like, which haue no bitter or hard taste, and a pretty quantity of *Currants* and *Dates* sliced: then couer it close, and set it on a gentle fire, and let it stew, and smoare till the Hearbs and *Onyons* be soft, and the Mallard inough: then take out the Mallard, and carue it as it were to goe to the Table; then to the Broth put a good lump of *Butter*, *Sugar*, *Cinamon*, and if it be in summer, so many Goose-berries as will giue it a sharpe taste, but in the winter as much wine Vinegar, then heate it on the fire, and stirre all well together: then lay the Mallard in a dish with sippets, and powre all this broth vpon it, then trim the edge of the dish with *Sugar*, and so serue it vp. And in this manner you may also smoare the hinder parts of a Hare, or a whole olde Cony, being trust vp close together.

After your Pike is drest and opened in the backe, and layd flat, as if it were to fry, then lay it in a large dish

Additions,
To boyle
meates.
A Mallard
is carued, or a
Hare, or olde
Cony.



for the purpose, able to receiue it; then put as much White Wine to it as will couer it all ouer; then set it on a chaffin dish and coales to boyle very gently, and if any skum arise, take it away; then put to it Currants, Sugar, Cynamon, Barberie-berries, and as many Prunes as will serue to garnish the dish; then couer it close with another dish, and let it stew till the fruit be soft, and the Pike enough; then put to it a good lump of sweet Butter; then with a fine skummer take vp the fish and lay it in a cleane dish with Sippets; then take a couple of yolks of egges, the filme taken away, and beate them well together with a spoone full or two of Creame, and as soone as the Pike is taken out, put it into the broth, and stirre it exceedingly to keepe it from curdling; then powre the broth vpon the Pike, and trim the sides of the dish with Sugar, Prunes, and Barberies, slices of Oranges or Lemmons, and so serue it vp. And thus may you also stew Rochets, Garnets, or almost any sea-fish, or fresh fish.

To stew a
Lambes head
& Purtenance.

Take a Lambes-head and Purtenance cleane washt & pickt and put it into a Pipkin with faire water, and let it boile and skumme it cleane; then put in Currants and a few sliced Dates, and a bunch of the best forcing hearbs tyed vp together, and so let it boyle well till the meate be enough; then take vp the Lambes head and purtenance, and put it into a cleane dish with Sippets; then put in a good lump of Butter, and beate the yolkes of two Egges with a little Creame, and put it to the broth with Sugar, Cynamon, and a spoonefull or two of Verduyce; and whole Mace, and as many Prunes as will garnish the dish, which should be put in when it is but halfe boyld; and so powre it vpon the Lambes-head and Purtenance, and adorne the sides of the dish

dish with Sugar, Prunes, Barberies, Oranges, and Lemmons, and in no case forget not to season well with Salt, and so serue it vp.

Take a very good breast of Mutton chopt into sundry large pieces, and when it is cleane washt, put it into a pipkin with faire water, and set it on the fire to boyle; then skum it very well, then put in of the finest Parsneps cut into large pieces as long as ones hand, and cleane washt and scrapt; then good store of the best onions, & all manner of sweet pleasant Pot-herbs and lettuce, all grossely chopt, and good store of peper & salt, and then couer it, and let it stew till the Mutton be enough; then takt vp the Mutton, and lay it in a cleane dish with Sippets, and to the broath put a little Wine-vinegar, and so powre it on the Mutton with the Parsneps whole, and adorne the sides of the dish with Sugar, and so serue it vp: and as you doe with the Breast, so you may doe with any other Ioynt of Mutton.

A Breast of
Mutton stewed.

Take a Neates foot that is very well boyld (for the tenderer it is, the better it is) & cleane it in two, and with a cleane cloth dry it well from the Souf drinke; then lay it in a deepe earthen platter, and couer it with Verduyce; then set it on a chaffin dish and coales, and put to it a few Currants, and as many Prunes as will garnish the dish; then couer it, and let it boile well, many times stirring it vp with your knife, for feare it stick to the bottome of the dish; then when it is sufficiently stewed, which will appeare by the tenderesse of the meate and softnesse of the suite; then put in a good lump of Butter, great store of Sugar and Sinamon, and let it boile a little after: then put it altogether into a cleane dish with Sippets, and adorne the sides of the dish with Sugar and Prunes, and so serue it vp.

To stew a
Neates foot.

OF
Roast-meates.

Observations
in roast-meats.

Spitting of
roast-meates.

Temperature
of fire.

To proceede then to roast meates, it is to be understood, that in the generall knowledge thereof are to be obserued these few rules. First, the cleanly keeping & scowring of the spits and cobirons; next, the neare picking and washing of meate before it be spitted, then the spitting and broaching of meate which must be done so strongly and firmly, that the meate may by no meanes either shrinke from the spit, or else turne about the spit: and yet euer to obserue, that the spit doe not goe through any principall part of the meate, but such as is of least account and estimation: and if it be birds or fowle which you spit, then to let the spit goe through the hollow of the body of the Fowle, and so fasten it with prickes or skewers vnder the wings about the thighes of the Fowle, and at the feete or rumpe, according to your manner of trussing and dressing them.

Then to know the temperatures of fires for euery meate, and which must haue a slow fire, yet a good one, taking leasure in roasting, as *Chines of Beeffe, Swannes, Turkies, Peacocks, Bustards*, and generally any great large Fowle, or any other ioynts of Mutton, Veale, Porke, Kidde, Lambe, or such like: whether it be Venison red, or Fallow, which indeed would lie long at the fire and soake well in the roasting, and which would haue a quick and sharpe fire without scorching; as *Pigs, Pullets, Pheasants, Partridge, Quails*, and all sorts of middle sized or lesser fowle, and all small birds, or compound roast meates, as *Olives*; of Veale, Haslets; a pound of butter roasted; or puddings simple of themselves; and many other such like, which indeed would be suddenly and quickly dispatcht, because it is intended in Cookery, that one of these dishes must be made ready

ready whilst the other is in eating. Then to knowe the complexions of meates, as which must bee pale and white roasted (yet thoroughly roasted) as Mutton, Veale, Lambe, Kid, Capon, Pullet, Pheasant, Partridge, Quale, and all sorts of middle and small land, or water fowle, and all small birds, and which must be browne roasted, as Beeffe, venison, Porke, Swanne, Goose, Pigges, Crane, Bustards, and any large fowle, or other thing whose flesh is blacke.

Then to know the best bastings for meate, which is sweete butter, sweete oyle, barreld butter, or fine redded vp seame with *Cinamon, Cloues, and Mace*. There be some that will bast onely with water, and salt, and nothing else; yet it is but opinion, and that must be the worlds Master alwaies.

Then the best dredging, which is either fine white bread crums, well grated, or els a little very fine white meale, and the crummes very well mixt together.

Lastly to know when meate is roasted enough; for as too much rawnes is vnholosome, so too much drinesse is not nourishing. Therefore to know when it is in the perfect height, and is neither too moist nor too dry, you shall obserue these signes first in your large ioynts of meate, when the stemie or smoake of the meate ascendeth, either vpright: or els goeth from the fire, when it beginneth a little to shrinke from the spit, or when the gray which droppeth from it is cleare without bloodinesse then is the meate enough.

If it be a Pigge when the eyes are fallen out, and the body leaueth piping: for the first is when it is halfe roasted, and would be singed to make the coat rise and crackle, and the latter when it is fully enough and would bee drawne: or if it bee any kinde of Fowle you

The complexions of meate,

The best bastings of meates.

The best dredging.

To know when meate is enough.

you roast, when the thighes are tender, or the hinder parts of the pinions at the setting on of the wings, are without blood: then bee sure that your meate is fully enough roasted: yet for a better and more certaine assurednesse, you may thrust your knife into the thickest parts of the meate, and draw it out againe, and if it bring out white gray without any bloodinesse, then assuredly it is enough, and may bee drawne with all speed convenient, after it hath bene well basted with butter not formerly melted, then dredged as aforesaid, then basted over the dredging, and so suffered to take two or three turnes, to make crispe the dredging: Then dith it in a faire dish with salt sprinkled over it, and so serue it forth. Thus you see the generall forme of roasting all kind of meate: Therefore now I will returne to some particular dishes, together with their several lawces.

Roasting Mutton with Oysters.

If you will roast Mutton with Oysters, take a shoulder alone, or a legge, and after it is washt, barboyle it a little: then take the greatest Oysters, and hauing opened them into a dish, draine the gray cleane from them twice or thrice, then parboyle them a little: Then take Spinage, Endiue, Succory, Strawberry leaues, Violet leaues, and a little Parsley, with some Scallions: chop these very small together: Then take your Oysters very dry, drain'd, and mixe them with an halfe part of these hearbes: Then take your meate, and with these Oysters and hearbes farce or stop it, leauing no place empty, then spit it and roast it, and whilst it is in roasting, take good store of Veriuee and Butter, and a little salt, and set it in a dish on a chaffing-dish and coales: and when it beginnes to boyle, put in the remainder of your hearbes without Oysters, and a good quantity

quantity of Currants, with *Cinamon*, and the yelke of a couple of egges: And after they are well boyled and stirred together, season it vp according to taste with sugar: then put in a few Lemon slices, the meate being inough, draw it, and lay it vpon this lawce removed into a cleane dith, the edge thereof being trimmed about with sugar, and so serue it forth.

To roast a legge of Mutton after an out-landish fashion, you shall take it after it is washt, and cut off all the flesh from the bone, leauing onely the outmost skitine entirely whole and fast to the bone; then take thicke cream and the Yelkes of Egges, and beate them exceedingly well together; then put to *Cinamon*, *Mace*, and a little Nutmegge, with *Salt*, then take bread-crummes finely grated and searst with good store of Currants, and as you mixe them with the Cream, put in sugar, and so make it into a good stifface: Now if you would haue it looke greene, put in the iuyce of sweete hearbs, as *Spinage*, *violet* leaues, *Endiue*, &c. If you would haue it yellow, then put in a little Saffron strayed, and with this fill vp the skin of your legge of Mutton in the same shape and forme that it was before, and sticke the out side of the skin thicke with Cloues, and so roast it thorowly and baste it very well, then after it is dredg'd serue it vp as a legge of Mutton with this pudding, for indeede it is no other: you may stop any other ioynt of meate, as breast or loine, or the belly of any Fowle boiled or roast, or rabbit, or any meate else which hath skinne or emptinesse. If into this pudding also you beate the inward pith of an Oxes backe, it is both good in taste, and excellent foueraigne for any discaise, ach or fluxe in the raynes whatlocuer.

To roast a legge of Mutton otherwise.

To roast a
Gigget of mutton.

To roast a Gigget of Mutton, which is the legge splatted, and halfe part of the loine together; you shall after it is washt, stop it with Cloues, so spit it, and lay it to the fire, and tend it well with basting: Then you shall take vinegar, butter and currants, and set them on the fire in a dish or pipkin; then when it boyles, you shall put in sweete hearbes finely chopt, with the yeeke of a couple of egges, and so let them boyle together: then the meate being halfe roasted, you shall pare off some part of the leanest and brownest, then shred it very small and put it into the pipkin also: then season it vp with Sugar, Cynamon, Ginger, and Salt, and so put it into a cleane dish: Then drawe the Gigget of Mutton and lay it on the sauce, and throw salt on the top, and so serue it vp.

To roast Oliues
of Veale.

You shall take a Legge of Veale, and cut the flesh from the bones, and cut it out into thin long slices; then take sweete hearbes, and the white parts of scallions, and chop them well together with the yelkes of egges, then rowle it vp within the slices of veale, and so spit them, and roast them: then boyle veriuice, butter, sugar, cynamon, currants and sweete hearbes together, and being seasoned with a little salt, serue the Oliues vp vpon that sauce with salt, cast ouer them.

To roast a pig.

To roast a Pigge curiously, you shall not scald it, but draw it with the haire on, then hauing washt it, spit it and lay it to the fire so as it may not scorch, then being a quarter roasted, and the skinne blistered from the flesh, with your hand pull away the haire and skin, and leaue all the fat and flesh perfectly bare: then with your knife scorch all the flesh downe to the bones, then baste it exceedingly with sweete butter and cream, being no more but warme: then dredge it with fine

fine bread: crummes, currants, sugar and salt mixt together, and thus apply dredging; vpon basting; and basting vpon dredging, till you haue couered all the flesh a full inch deepe: Then the meate being fully roasted, draw it, and serue it vp whole.

To roast a pound of Butter curiously and well, you shall take a pound of sweete Butter and beate it stiffe with Sugar, and the yokes of egges, then clap it roundwise about a spit, and lay it before a soft fire, and presently dredge it with the dredging before appointed for the Pigge: then as it warmeth or melteth, so apply it with dredging till the butter be ouercome and no more will melt to fall from it, then roast it browne, and so draw it, and serue it out, the dish being as neatly trim'd with sugar as may be.

To roast a pudding before spoken of in the legge of Mutton, neither omitting hearbes, nor saffron, and put to a little sweete butter and mixe it very stiffe: then fold it about the spit, and haue ready in another dish some of the same mixture well seasoned, but a great deale thinner, and no butter at all in it, and when the pudding doth beginne to roast, and that the butter appeares, then with a spoone couer it all ouer with the thinner mixture, and so let it roast: then if you see no more butter appeare, then baste it as you did the Pigge, and lay more of the mixture on, and so continue till all be spent: And then roast it browne, and so serue it vp.

To roast a chine of Beefe, a loyne of Mutton, a Capon, and a Larke, all at one instant, and at one fire, and haue all ready together and none burnt: you shall first take your chine of Beefe and parboyle it more then halfe through: Then first take your Capon, being large

large and fat, and spit it next the hand of the turner, with the legges from the fire, then spit the chine of Beeffe, then the Larke, and lastly the loyne of Mutton, and place the Larke so as it may be couered ouer with the Beeffe, and the fat part of the loyne of Mutton, without any part disclosed: Then baste your Capon, and your loyne of Mutton with cold water and salt, the chine of Beeffe with boyling Larde: Then when you see the beeffe is almost enough, which you shall hasten by schotching and opening of it: then with a cleane cloth you shall wipe the Mutton and Capon all ouer, and then baste it with sweete butter till all be enough roasted: then with your knife lay the Larke open which by this time will be stewed betweene the Beeffe and Mutton, and basting it also with dredge all together, draw them and serue them vp.

To roast Venison.

If you will roast any Venison, after you haue washed it, and cleansed all the blood from it, you shall sticke it with cloues all ouer on the out side, and if it be leane, you shall larde it either with mutton-larde, or porkelarde, but mutton is the best: then spit it and roast it by a soaking fire, then take Vinegar, bread-crummes, and some of the grauy, which comes from the venison, and boyle them well in a dish: then season it with sugar, cinnamon, ginger and salt, and serue the venison forth vpon the sauce when it is roasted enough.

Hew to roast fresh Sturgeon

If you will roast a peece of fresh Sturgeon, which is a dainty dish, you shall stop it with cloues, then spit it, and let it roast at great leasure, plying it continually with basting, which will take away the hardness: then when it is enough, you shall draw it, and serue it vpon venison sauce with salt onely throwne vpon it.

The roasting of all sorts of meates, differeth nothing but in the fires, speede and leasure as is aforesayd, except these compound dishes, of which I haue giuen you sufficient presidents, and by them you may performe any worke whatsoever: but for the ordering, preparing and trussing your meates for the spit or table, in that there is much difference: for in all ioynts of meate except a shoulder of Mutton, you shall crush and breake the bones well, from Piggies and Rabbits you shall cut off the feete before you spit them, and the heads when you serue them to the table, and the Pigge you shall chine, and diuide into two parts: Capons, Pheasants, Chickens and Turkeys you shall roast with the Pinions foulded vp, and the legges extended; Hennes, Stock-doues and House-doues, you shall roast with the pinions foulded vp, and the legges cut off by the knees, and thrust into the bodies: Quails, Partridges, and all sorts of small birds shall haue their pinions cut away, and the legges extended: all sorts of Water-fowle shall haue their pinions cut away, and their legges turned backward: Wood-cockes, Snipes and Stunts shall be roasted with their heads and neckes on, and their legges thrust into their bodies, and Sho-uelers and Bitterns shall haue no neckes but their heads onely.

Ordering of meates to be roasted.

Take a Cowes vdder, and first boyle it well: then sicke it thicke all ouer with Cloues. then when it is cold, spit it, and lay it to the fire, and apply it very well with basting of sweete Butter, and when it is sufficiently roasted, and browne, then dredge it, and draw it from the fire, take vinegar and butter, and put it on a Chaffing-dish and coales, and boyle it with White-bread crummes, till it be thick, then put to it good Wine of

To roast a Cowes Vdder.

of Sugar and Cynamon, and putting it in a cleane dish, lay the Cowes Vdder therein, and trimme the sides of the dish with sugar, and so serue it vp.

To make a fillet of Veale.

Take an excellent good legge of Veale, and cut the thicke part thereof a handfull and more from the Knuckle: then take the thicke part (which is the fillet) and pierce it in euery part all ouer with Strawberry-leaues, Violet-leaues, Sorrell, Spinage, Endiue and Succorie grossely chopt together, and good store of Onyons: then lay it to the fire and roast it very sufficiently and browne, casting good store of salt vpon it, and basting it well with sweete Butter: then take of the former hearbes much finer chopt then they were fo: piercing, and put them into a Pipkin with Vinegar, and cleane washt Currans, and boyle them well together: then when the hearbes are sufficiently boyld and soft, take the yelkes of foure very hard boyld Egges, and shred them very small, and put them into the Pipkin also with Sugar and Cynamon, and some of the graue which drops from the veale, and boyle it ouer againe, and then put it into a cleane dish, and the Fillet being dredgd and drawne, lay vpon it, and trimme the side of the dish with Sugar, and so serue it vp.

OF

Sauces, and fillers for a rosted Capon or Turkey.

To make an excellent sauce for a rosted Capon, you shall take Onyons, and hauing sliced and pilled them, boyle them in faire water with pepper, salt, and a few bread-crummes: then put vnto it a spoonfull or two of Clarer wine, the iuyce of an Orange, and three or foure slices of a Lemmon-pill; all these sliced together, and so powre it vpon the Capon being broake vp.

Sauce for ahen or Turkey.

To make sauce for an old Hen or Puller, take a good quantity of beere and salt, and mixe them well together with a few fine bread-crummes, and boyle them

on

on a chaffing dish and coales, then take the yelkes of three or foure hard Egges, and being shred small, put it to the Beere, and boyle it also: then the Hen being almost enough, take three or foure spoonfull of the graue which comes from her and put it in also, and boyle all together to an indifferent thicknesse: which done, suffer it to boyle no more, but onely keepe it warme on the fire, and put into it the iuyce of two or three oranges, and the slices of Lemmon pills shred small, and the slices of oranges also hauing the vpper rine taken away: then the Henne being broken vp, take the brawnes thereof, and shredding them small, put it into the sauce also, and stirring all well together, put it hot into a cleane warme dish, and lay the Henne (broke vp) in the same.

The sauce for Chickins is diuers, according to mens tastes: for some will onely haue butter, Veriuiue, and a little Parsley rolled in their bellies mixt together; others will haue Butter, veriuiue and Sugar boild together with roasts of bread: and others will haue thick sippets with the iuyce of Sorrell and Sugar mixt together.

The best sauce for a Pheasant, is winter and onions sift, Pepper and a little Salt mixt together, and but stewed vpon the coales, and then powred vpon the Pheasant or Partridge being broken vp, and some will put thereto the iuyce or slices of of an orange or lemmon, or both: but it is according to taste, and indeed more proper for a Pheasant then a Partridge.

Sauce for a Crane, Rail, or any fat big bird, is Clarer wine and Salt mixt together with the graue of the bird, and a few fine bread-crummes well bound together, and either a Sage-leaf, or Bay-leave crushed among it according to mens tastes.

Sauce for a Crane, Rail, or any fat big bird.

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The

Sauce for
Pigeons.

The best sauce for Pigeons, Stockdoves, or such like, is Vinegar and Butter melted together, and Parsly roasted in the rbellies, or vine-leaves roasted and mixed well together.

A generall
sauce for wild
Fowle.

The most generall sauce for ordinary wild-fowle roasted, as Ducks, Mallard, Wildgen, Teale, Snipe, Sheldrake, Plovers, Paets, Gulls and such like, is onely mustard and vinegar, or mustard and verie ice mixed together, or else an onion, water and pepper, and some (especiall in the Court) vse only butter melted, and not with any thing else.

Sauce for
greene Geese.

The best sauce for greene Geese is the iuyce of forrell and sugar mixt together with a few scalded Feberries, and serued vpon sippets, or else the belly of the greene Goose filld with Feberries, and so roasted, and then the same mixt with verieuyce, butter, sugar and cynamon, and so serued vpon sippets.

Sauce for a
subole goose.

The sauce for a stuble Goose is diuerse, according to mens minds, for some will take the pap of roasted apples, and mixing it with vinegar, boyle them together on the fire with some of the gray of the Goose, and a few Barberies and bread crummes, and when it is boyled to a good thicknesse, season it with sugar and a little cynamon, and so serue it vp: some will adde a little mustard and onions vnto it, and some will not rost the apples, but pare them and slice them, and that is the neerer way, but not the better. Others will fill the belly of the Goose full of Onions shred, and oate-meale groats, and being roasted enough, mixe it with the gray of the Goose, and sweete hearbs well boild together, and seasoned with a little verieuyce.

A Gallatine, or
Sauce for a
Swan, Bitter.

To make a Gallatine, or sauce for a Swan, Bitter, Shoueler, Herne, Crane, or any large foule, take the blood of

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the same foule, and being third well boile it on the fire, then when it comes to be checke, put vnto it *Vinegar* a good quantity, with a few fine bread-crummes, and looke it ouer againe: then being come to good thicknes, season it with *Sugar & Cinnamon*, so as it may taste pretty and sharpe vpon the *Cinnamon*, and then serue it vp in saucers as you do *Mustard*: for this is called a *chauder* or *gallatine*, & is a sauce almost for any foule whatsoeuer.

Shoueler, or
large F. wile.

To make sauce for a Pigge, some take Sage and roast it in the belly of the Pigge, then boiling *verieuyce*, *Butter* and *currants* together, take & chop the Sage small, and mixing the braines of the Pig with it, put all together, and so serue it vp.

Sauce for a pig.

To make a sauce for a Ioynt of Veale, take all kind of sweete Pot hearbs, and chopping them very small with the yelkes of two or three Egges, boyle them in *Vinegar* and *Butter*, with a few bread-crummes, and good steac of *Currants*; then season it with *Sugar* and *Cinnamon*, and a clove or two crust, and so powre it vpon the Veale, with the slices of *Oreniges* and *Lemons* about the dish.

Sauce for
Veale.

Take *Oreniges* and slice them thin, and put vnto them *White wine* and *Rose water*, the powder of *Mace*, *Ginger* and *Sugar*, and seate the same vpon a chaffing dish and coales, & when it is halfe boild, put to it a good lump of *Butter*, and then by good store of sippets of fine white bread therein, and so serue your *Chickens* vpon them; and trimme the sides of the dish with *Sugar*.

Additions,
vnto Sauces.
Supps for Chickens.

Take raine water and let it ouer the fire, then slice good store of *Onions* and put into it, and also *Pepper* and *Salt*, and good store of the gray that comes from the *Turkie*, and boyle them very well together: then put to it a few fine crummes of grated bread to thicken it;

Sauce for a
Turkie.

a very little Sugar and some vinegar, and so serue it vp with the Turkey: or otherwise, take grated white bread and boile it in White wine till it be thicke as a *Gallantine*, and in the boyling put in good store of Sugar and Cinamon, and then with a little *Turnesole* make it of a high Murrey colour, and so serue it in Saucers with the Turkey in the manner of a *Gallantine*.

The best Gallentine.

Take the blood of a Swan, or any other great Fowle, and put it into a dish; then take stewed Prunes and put them into a strainer, and straine them into the blood, then set it on a chaffing-dish and coales, and let boyle, euer stirring it till it come to be thicke, and season it very well with Sugar and Cinamon, and so serue it in Saucers with the Fowle, but this sauce must be serued cold.

Sauce for a Mallard.

Take good store of Onions, pill them, and slice them, and put them into vinegar, and boyle them very well till they be tender: then put into it a good lump of sweete butter, and season it well with Sugar and Cinamon, and so serue it vp with the Fowle.

OF Carbonados.

Carbonados, or Carbonados, which is meate broyled vpon the coales (and the inuention thereof first brought out of *France*, as appeares by the name) are of diuers kinds according to mens pleasures: for there is no meate either boiled or roasted whatsoeuer, but may afterwards be broyled, if the Maister thereof be disposed, yet the generall dishes for the most part which are vnted to be Carbonadoed, are a Breast of Mutton halfe boyled, a shoulder of Mutton halfe roasted, the Leggs, Wings, and Carkases of Capon, Turkey, Goose, or any other Fowle whatsoeuer, especially Land-Fowle.

What is to be Carbonadoed.

And lastly, the vitermost thicke skinned which couereth the ribbes of Beefe, and is called (being broyled)

broyled) the Inns of Court-Goose, and is indeed a dish vsed most for wantonnesse, sometimes to please appetite: to which may also be added the broyling of Pigs heads, or the braimes of any Fowle whatsoeuer after it is roasted and drest.

Now for the manner of Carbonadoing, it is in this sort; you shall first take the meate you must Carbonadoe, and scorch it both aboue and below, then sprinkle good store of *Salt* vpon it, and baste it all ouer with sweete *Butter* melted, which done, take your broiling-iron, I doe not meane a Grid-iron (though it be much vsed for this purpose) because the smoake of the coales, occasioned by the dropping of the meate, will ascend about it, and make it stinke; but a plate-Iron made with hookes and pricks, on which you may hang the meate, and set it close before the fire, and to the Plate heating the meate behind, as the fire doth before, it will both the sooner, and with more neatnesse bee readie: then hauing turned it, and basted it till it bee very browne, dredge it, and serue it vp with *Vinegar* and *Butter*.

The manner Carbonadoed of

Touching the roasting of Mutton, Venison, or any other Ioynt of meate, which is the most excellentest of all Carbonadoes, you shall take the fattest and largest that can possibly be got (for leane meate is losse of labour, and little meate not worth your time,) and hauing scorcht it, and cast salt vpon it, you shall set it on a strong forke, with a dripping pan vnderneath it, before the face of a quicke fire, yet so farre off, that it may by no meanes scorch, but roast at leasure; then with that which falles from it, and with no other basting, see that you baste it continually, turning it euer and anon many times, and so oft, that it may soake and browne

Of the roasting of Mutton.

browne at great pleasure, and as oft as you baste it, so oft sprinkle Salt vpon it, and as you see it toast scotch it deeper and deeper, especially in the thickest and most fleshy parts where the blood most resteth: and when you see that no more blood droppeth from it, but the grauy is cleere and white; then shall you serue it vp either with venison sauce, or with vinegar, pepper and sugar, cynamon, and the iuyce of an orange mixt together and warmed with some of the grauy.

Additions,

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Vnto Carbo-
nados.
A rashe of
mutton or
lambe.

Take mutton or Lambe that hath bene either roasted, or but parboyled, and with your knife scotch it many wayes; then lay it in a deepe dish, and put to it a pint of white Wine, and a little whole mace, a little sliced nutmeg, and some sugar, with a lumpe of sweete butter, and stew it so till it be very tender: then take it forth, and browne it on the Grid-yrone, and then laying sippets in the former broth serue it vp.

How to carbo-
nado tongues.

Take any tongue, whether of Beefe, Mutton, Calues, red Deere or Fallow, and being well boyled, pill them, cleaue them, and scotch them many wayes; then take three or foure Egges broken, some Sugar, Cynamon and Nutmeg, and hauing beaten it well together, put to it a Lemow cut in thin slices, and another cleane pild, and cut into little foure-square bits, and then take the tongue and lay it in: and then hauing melted good store of butter in a frying-pan, put the tongue and the rest therein, and so fry it browne, and then dish it, and scrape sugar vpon it, and serue it vp.

Additions

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For dressing of
Fishe.
How to souce
any fresh-fish.

Take any Fresh-fish whatsoeuer (a Pike, Breame, Carpe, Barbell, Cheain, and such like, and draw it, but scale it not; then take out the Liuer and the refuse, and hauing opened it, wash it; then take a pottle of faire water, a pretty quantity of white wine, good store of salt,

and

and some vinegar, with a little bunch of sweete hearbs, and set it on the fire, and as soone as it begins to boile, put in your fish, and hauing boild a little, take it vp into a faire vessell, then put into the liquor some grosse pepper and ginger, & when it is boild well together with more salt, set it by to coole, and then put your fish into it, and when you serue it vp, lay Fenell thereupon.

To boyle small fish, as Roches, Dases, Gudgeon or Flounders, boyle White-wine and water together with a bunch of choise hearbs, and a little whole mace, when all is boyled well together, put in your fish, and skum it well: then put in the soale of a manchet, a good quantity of sweet butter, and season it with pepper and veriuice, and so serue it in vpon sippets, and adorne the sides of the dish with sugar.

How to boyle
small Fish.

First, draw your fish, and either split it open in the backe, or ioyn it in the backe, and trusse it round, then wash it cleane, and boyle it in water and salt, with a bunch of sweete hearbs: then take it vp into a large dish, and powre vnto it veriuice, Nutmeg, Butter and Pepper, and letting it stew a little, thicken it with the yelkes of Egges: then hot remoue it into another dish, and garnish it with slices of Oranges and Lemons, Barberies, Prunes and Sugar, and so serue it vp.

To boyle a
Guinet or Ro-
chet.

After you haue drawne, wash it and scalded a faire large Carpe, season it with pepper, salt and Nutmeg, and then put it into a coffin with good store of sweete butter, and then cast on Rayfins of the Sunne, the iuyce of Lemons, and some slices of orange pils; and then sprinkling on a little vinegar, close vp and bake it.

How to bake a
Carpe.

First, let your Tench blood in the tayle, then scour it, wash it, and scald it, then hauing dried it, take the fine crummes of bread, sweete Creame, the yelkes of

How to bake a
Tench.

H 4

Egges,

Egges, Currants cleane washt, a few sweete hearbes chopt small, season it with Nutmegs and Pepper, and make it into a stiffe paste, and put it into the belly of the Tench: then season the fish on the outside with pepper, salt and Nutmeg, and so put it into a deepe coffin with sweete Butter, and so close vp the pye and bake it: then when it is enough, draw it, and open it, and put into it a good peece of preserved Orange minst: then take Vinegar, Nutmeg, Butter, Sugar, and the yelke of a new layd egge, and boyle it on a Chaffing-dish and coales, alwayes stirring it to keepe it from curding: then powre it into the pye, shake it well, and so serue it vp.

How to stow
a Trout.

Take a large Trout, faire trimd, and wash it, and put it into a deepe pewter dish, then take halfe a pint of sweete wine, with a lumpe of butter, and a little whole unce, parsley, sauiory and time, mince them all small, and put them into the Trouts belly, and so let it stew a quarter of an houre: then mince the yelke of an hard Egge, strow it on the Trout, and laying the hearbs about it, and scraping on sugar, serue it vp.

How to bake
Eeles.

After you haue drawne your Eeles, chop them into small peeces of three or foure inches, and season them with Pepper, Salt and Ginger, and so put them into a coffin with a good lumpe of butter, great Raynsins, Onions small chopt, and so close it, bake it, and serue it vp.

OF
The pastery and
b-acunecates.

Next to these already rehearsed, our *English Housewife* must be skillfull in pastery, and know how and in what manner to bake all sorts of meate, and what past is fit for euery meate, and how to handle and compound such pasts: As for example, red Deere venison, wilde Boare, Gammons of Bacon, Swans, Elkes, Porpus, and such like standing dishes, which must be kept long, would

be

be bak't in a moyst, thicke, tough, course, & long lasting crust, and therefore of all other your Rye paste it best for that purpose: your Turkie, Capon, Pheasant, Partridge, Veale, Peacocks, Lambe, and all sorts of water-fowle which are to come to the table more then once (yet not many dayes, would be bak't in a good white crust, somewhat thick, therefore your Wheate is fit for them: your Chickens, Calues-feet, Oliues, Potatoes, Quinces, Fallow Deere and such like, which are most commonly eaten hot, would be in the finest, shortest and thinnest crust; therefore your fine wheat flower which is a little baked in the oven before it be kneaded is the best for that purpose.

To speake then of the mixture and kneading of pasts, ^{Of the mixture of pasts.} you shall vnderstand that your rye paste would be kneaded onely with hot water and a little butter, or sweete seame and Rye flower very finely sifted, and it would be made tough & stiffe, that it may stand well in the rising, for the coffin therof must euer be very deep, your course wheat crust would be kneaded with hot water, or Mutton broth, and good store of butter, and the paste made stiffe and tough, because that coffin must be deepe also, your fine wheat crust must be kneaded with as much butter as water, and the past made reasonable ly the and gentle, into which you must put three or foure egges or more, according to the quantity you blend together, for they will giue it a sufficient stiffening.

Now for the making of puffed past of the best kind, you ^{Of puffed past.} shall take the finest wheat flowre after it hath bin a little bak't in a pot in the oven, and blend it well with egges whies and yelkes all together, and after the paste is well kneaded, roule out a pat thereof as thinne as you please, and then spread cold sweete butter ouer the same,

same, then vpon the same butter role another leafe of the paste as before; and spread it with butter also, and thus role leafe vpon leafe with butter betweene till it be as thicke as you thinke good: and with it either couer any bak't meate, or make pastie for Venison, Florentine, Tart or what dish else you please and so bake it: there be some that to this paste vlc sugar, but it is certaine it will hinder the rising thereof; and therefore when your puffed paste is bak't, you shall dissolue sugar into Rose-water, and drop it into the paste as much as it will by any meanes receiue, and then set it a little while in the oven after and it will be sweete enough.

Of baking Red
Deere, or Fal-
low, or any
thing to keepe
cola.

When you bake red Deere, you shall first parboile it and take out the bones, then you shall if it be leane larde it, if fat saue the charge, then put it into a presse to squeeze out the blood; then for a night lay it in a meare sauce made of Vinegar, small drinke and salt, and then taking it forth, season it well with Pepper finely beaten, and salt well mixt together, and see that you lay good store thereof, both vpon and in euery open and hollow place of the Venison; but by no meanes cut any slashes to put in the Pepper, for it will of it selfe sinke fast enough into the flesh, and be more pleasant in the eating: then hauing raised the coffin, lay in the bottome a thicke course of butter, then lay the flesh thereon and couer it all ouer with butter, and so bake it as much as if you did bake great browne bread; then when you draw it, melt more butter with three or foure spoonefull of Vinegar, and twice so much Clarret wine, and at a vent hole on the toppe of the lidde powre in the same till it can receiue no more, and so let it stand and coole; and in this sort you may bake Fallow-Deere, or Swanne, or whatsoever else you please

please to keepe cold, the meare sauce onely being left out which is onely proper to red Deere: And if to your meare sauce you adde a little Turnesole, and therein steepe beefe, or Rammie-mutton: you may also in the same manner take the first for Red Deere Venison, and the latter for Fallow, and a very good iudgement shall not be able to say otherwise, then that it is of it selfe perfect Venison, both in taste, colour, and the manner of cutting.

To bake beefe
or mutton for
Venison

To bake an excellent Custard or Dowset: you shall take good store of egges, and putting away one quarter of the whites, beate them exceeding well in a bason, and then mixe with them the sweetest and thickest creame you can get, for if it be any thing thinne, the Custard will be wheyish: then season it with salt, sugar, cinamon, cloues, mace, and a little Nutmegge: which done raise your coffins of good tough wheate paste, being the second sort before spoke of, and if you please raise it in pretty workes, or angular formes, which you may doe by fixing the vpper part of the crust to the neather with the yelks of egges: then when the coffins are ready, strow the bottomes a good thickeesse ouer with Currants and Sugar, then set them into the Oven, and fill them vp with the confection before blended, and so drawing them, adorne all the toppes with Carraway Cumfets, and the slices of Dates pickt right vp, and so serue them vp to the table. To preuent the wheyishnes of the Custard, dissolue into the first confection a little lising glasse and all will be firme.

To bake a Cu-
lard or Dow-
set.

To make an excellent Oliue-pie: take sweete hearbs as Violet leaues, Strawberry leaues, Spinage, Succory, Endiue, Time and Sorrell, and chop them as small as may be, and if there be a Scallion or two amongst them

To bake an
Oliue-pye.

it will giue the better taste, then take the yelks of hard egges with Currants, Cinamon, Cloues and Mace, and chop them amongst the hearbs also; then hauing cut out long oliues of a legge of Veale, roule vp more then three parts of the hearbs so mixed within the Oliues, together with a good deale of sweet butter; then hauing raised your crust of the finest and best paste, strow in the bottome the remainder of the hearbs, with a few great Raisins hauing the stones pickt out: then put in the Oliues and couer them with great Raisins and a few Prunes: then ouer all lay good store of Butter and so bake them: then being sufficiently bak't, take Claret wine, Sugar, Cinamon, and two or three spoonefull of wine Vinegar and boile them together, and then drawing the pie, at a vent in the top of the lid put in the same, and then set it into the Oven againe a little space, and so serue it forth.

To make a
Marrow bone
pye.

To bake the best Marrow-bone pye, after you haue mixt the crusts of the best sort of pastes, and raised the coffin in such manner as you please: you shall first in the bottome thereof lay a course of marrow of Beefe mixt with Currants: then vpon it a lay of the soales of Artichokes, after they haue bene boiled, and are diuided from the thistle: then couer them ouer with marrow, Currants, and great Raisins, the stones pickt out: then lay a course of Potatoes cut in thicke slices, after they haue bene boiled soft, and are cleane pild: then couer them with marrow, Currants, great Raisins, Sugar and Cinamon: then lay a layer of candied Eringo-roots mixt very thicke with the slices of Dates: then couer it with marrow, Currants, great Raisins, Sugar, Cinamon and Dates, with a few Damaske-prunes, and so bake it: and after it is bakt powre into it as long as

it will receiue it white-wine, rose-water, sugar, cinamon, and vinegar, mixt together, and candie all the couer with rose-water and sugar onely, and so set it into the oven a little, and after serue it forth.

To bake a chicken-pie, after you haue trust your chickens, broken their legges and breast-bones, and raised your crust of the best paste, you shall lay them in the coffin close together with their bodies full of butter: then lay vpon them, and vnderneath them currants, great raisins, prunes, cinamon, sugar, whole mace and salt: then couer all with great store of butter, and so bake it; after powre into it the same liquor you did in your marrow-bone Pie with yelkes of two or three egges beaten amongst it; and so serue it forth.

To bake a chicken-pie.

To make good Red-Deere Venison of Hares, take a Hare or two, or three, as you can or please, and picke all the flesh from the bones; then put it into a mortar either of wood or stone, and with a wooden pestle let a strong person beate it exceedingly, and euer as it is beating, let one sprinkle in vinegar and some salt; then when it is sufficiently beaten, take it out of the mortar, and put it into boiling water and parboile it: when it is parboild, take it and lay it on a table in a round lump, and lay a board ouer it, & with weights presse it as hard as may be: then the water being prest out of it, season it well with Pepper and Salt: then lard it with the fat of Bacon so thicke as may be: then bake it as you bake other Red-Deere, which is formerly declared.

Additions
to the Pastery.
Venison of
Hares.

Take a Hare and pick off all the flesh from the bones, and only reserue the head, then parboile it well: when done, take it out and let it coole, as soon as it is cold, take at least a pound and halfe of Raisins of the Sunne, and take out the stones: then mixe them with a good quantity

To make a Hare
pye.

quantity of Mutton suet, and with a sharpe shredding knife shred it as small as you would doe for a Chewer; then put to it *Currants* and whole *Raisins*, *Cloues* and *Mace*, *Cinamon* and *Salt*: then having raised the coffin long-wise to the proportion of a *Hare*, first lay in the head, and then the aforesaid meate, and lay the meate in the true portion of a *Hare*, with necke, shoulders, and legges, and then couer the coffin and bake it as other bak't meates of that nature.

A Jambaton of
the R-pie.

Take a Gammon of Bacon and onely wash it cleane, and then boile it on a soft gentle fire, till it be boyled as tender as is possible, euer and anon steeking it cleane, that by all meanes it may boile white: then take off the sword, and searfe it very well with all manner of sweete and picaiaut leising hearbs: then strow store of *Pepper* ouer it, and pricke it thicke with *Cloues*: then lay it into a coffin made of the same proportion, and lay good store of *Butter* round about it, and vpon it, and strow *Pepper* vpon the *Butter*, that as it melts, the *Pepper* may fall vpon the Bacon: then couer it, and make the proportion of a *Pegges* head in paste vpon it, and then bake it as you bake *Acid Decre*, or things of the like nature, onely the Paste would be of Wheate-meale.


A Herring-pie.

Take white pickled *Herrings* of one nights watering, and boyle them a little: then fill off the skinne and take one'y the backs of them, and picke the fish cleane from the bones, then take good store of *Raisins* of the Sunne, and stone them, and put them to the fish: then take a *Warden* or two, and pare it, and slice it in small slices from the chere, and put it likewise to the fish: then with a very sharpe shredding knife shred all as small and fine as may be: then put to it good store of *Currants*, *Sugar*, *Cinamon*, sliced *Dates*, and so put

it into the coffin with good store of very sweete *Butter*, and so couer it, and leaue onely a round vent-hole on the top of the lid, and so bake it like pies of that nature: When it is sufficiently bak't, draw it out, and take *Claret wine* and a little *Vermace*, *Sugar*, *Cinamon*, and sweete *Butter*, and boile them together; then put it in at the vent-hole, and shake the pie a little, and put it againe in to the Ouen for a little space, and to serue it vp, the lid being candied ouer with *Sugar*, and the sides of the dish trimmed with *Sugar*.

Take a Tole of the best *Ling* that is not much watered, and is well sodden and cold, but while it is hot take off the skin, and pare it cleane vnderneath, and pick out the bones cleane from the fish: then cut it into grosse bits and let it lie: then take the yelks of a dozen *Egges* boild exceeding hard, and put them to the fish, and shred all together as small as is possible: then take all manner of the best and finest pot-herbs, and chop them wonderfull small, and mixe them also with the fish; then season it with *Pepper*, *Cloues*, and *Mace*, and so lay it into a coffin with great store of sweete *Butter*, so as it may swimme therein, and then couer it, and leaue a vent hole open in the top when it is bak't, draw it, and take *Vermace*, *Sugar*, *Cinamon* and *Butter*, and boile them together, and first with a feather annoynt all the lid ouer with that liquor, and then scrape good store of *Sugar* vpon it; then powre the rest of the liquor in at the vent hole, & then set it into the Ouen againe for a very little space, and then serue it vp as pies of the same nature, and both these pies of fish before reheated, are especiaLenten dishes.

Take a pint of the sweetest and thickest *Creame* that can be gotten, and set it on the fire in a very cleane
snowed.

 A Nuttollke
foole.

scowred skillet, and put into it *Sugar*, *Cinamon* and a *Nutmegge* cut into foure quarters, and so boile it well: then take the yelkes of foure *Eggs*, and take off the filmes, and beate them well with a little sweete *Cream*: then take the foure quarters of the *Nutmegge* out of the *Cream*, then put in the *Egges*, and stirre it exceedingly, till it be thicke: then take a fine Manchet, and cut it into thin slices, as much as will cover a dish-bottome, and holding it in your hand, powre halfe the *Cream* in to the dish: then lay your bread ouer it, then couer the bread with the rest of the *Cream*, and so let it stand till it be cold: then strow it ouer with *Carraway* Comfets, and picke vp some *Cinamon* Comfets, and some lic't Dates; or for want thereof, scrape ali ouer it some *Sugar*, and trim the sides of the dish with *Sugar*, and so serue it vp.

A Trifle.

Take a pint of the best and thickest *Cream*, and set it on the fire in a cleane skillet, and put into it *Sugar*, *Cinamon*, and a *Nutmegge* cut into foure quarters, and so boile it well: then put it into the dish you intend to serue it in, and let it stand to coole till it be no more then luke-warme: then put in a spoonefull of the best *Curnig*, and stirre it well about, and so let it stand till it be cold, and then strow *Sugar* vpon it, and so serue it vp, and this you may serue either in dish, glasse, or on other plate.

A Calues foole.
Pye.

Take *Calues* feete well boild, and picke all the meate from the bones: then being coid shred it as small as you can, then season it with *Cloues* and *Mace*, and put in good store of *Currants*, *Rasins*, and *Prunes*: then put it into the coffin with good store of sweete *Butter*, then breake in whole sticks of *Cinamon*, and a *Nutmegge* lic't into foure quarters, and season it before with *Salt*: then

then close vp the coffin, and onely leaue a vent-hole. When it is bak't, draw it, and at the vent-hole put in the same liquor you did in the *Ling-pie*, and trim the lid after the same manner, and so serue it vp.

Take of the greatest *Oysters* drawne from the shells, and parboile them in *Veriuce*: then put them into a cullander, and let all the moysture run from them, till they be as dry as is possible: then raise vp the coffin of the pie, and lay them in: then put to them good store of *Currants* and fine powdered *Sugar*, with whole *Mace*, whole *Cloues*, whole *Cinamon*, and *Nutmeg* lic't, *Dates* cut, and good store of sweete butter: then couer it, and onely leaue a vent-hole: when it is bak't, then draw it, and take *White-wine*, and *White-wine-vinegar*, *Sugar*, *Cinamon*, and sweete butter, and melt it together; then first trim the lid therewith, and candie it with *Sugar*; then powre the rest in at the vent-hole, and shake it well, and so set it into the oven againe for a little space, and so serue it vp, the dish-edges trimd with *Sugar*. Now some vse to put to this pie *Onions* sliced and shred, but that is referred to discretion, and to the pleasure of the taste.

Take strong *Ale*, and put to it of *Wine-vinegar* as much as will make it sharpe: then set it on the fire, and boile it well, and skum it, and make of it a strong brine with *Bay salt*, or other salt: then take it off, and let it stand till it be cold, then put your *Venison* into it, and let it lie in it full twelue houres: then take it out from that meate sauce, and presse it well; then parboyle it, and season it with *Pepper* and *Salt*, and bake it, as hath bene before shewed in this Chapter.

Take the bawnes and the wings of *Capons* and *Chickens* after they haue bene roasted, and pull away the skin;

Oysterpye.

To recouer Venison hasis
raised.



A Chewerpye

skin; then shred them with fire Mutton suet very small, then season it with *Cloues*, *Mace*, *Cinamon*, *Sugar* and *Salt*: then put to *Raisins* of the Sunne & *Currants*, and slic't *Dates*, and *Orenge* pills, and being well mixt together, put it into small coffins made for the purpose, and strow on the top of it a good store of *Carramay-Comfets*: then couer them, and bake them with a gentle heate, and these Chiewets you may also make of roasted *Veale*, seasoned as before shewed, and of all parts the loyne is the best.

A mince pie.

Take a Legge of Mutton, and cut the best of the flesh from the bone, and parboyle it well: then put to it three pound of the best Mutton suet, and shred it very small: then spread it abroad, and season it with *Pepper* and *Salt*, *Cloues* and *Mace*: then put in good store of *Currants*, great *Raisins* and *Prunes* cleane washt and pickt, a few *Dates* slic't, and some *Orenge* pills slic't: then being all well mixt together, put it into a coffin, or into diuers coffins, and so bake them: and when they are serued vp open the liddes, and strow store of *Sugar* on the top of the meate, and vpon the lid. And in this sort you may also bake *Beefe* or *Veale*; onely the *Beefe* would not bee parboyled, and the *Veale* will aske a double quantity of *Sugar*.

A Pippin pie.

Take of the fairest and best *Pippins*, and pare them, and make a hole in the top of them; then pricke in each hole a *Cloue* or two, then put them into the coffin, then breake in whole stickes of *Cinamon*, and slices of *Orenge* pills and *Dates*, and on the top of euery *Pippin* a litle peece of sweete butter: then fill the coffin, and couer the *Pippins* ouer with *Sugar*; then close vp the pie, and bake it, as you bake pies of the like nature, and

and when it is bak't, annoint the liddle ouer with store of sweete butter, and then strow *Sugar* vpon it a good thickeesse, and set it into the oven againe for a litle space, as whilest the meate is in dishing vp, and then serue it.

Take of the fairest and best *Wardens*, and pare them, and take out the hard chores on the top, and cut the sharpe ends at the bottome flat, then boyle them in *White wine* and *Sugar*, vntill the sirrup grow thicke; then take the *Wardens*, from the sirrup into a cleare dish, and let them coole; then set them into the coffin, and prick *Cloues* in the tops, with whole stickes of *Cinamon*, and great store of *Sugar*, as for *Pippins*, then couer it, and onely reserue a vent-hole, so set it in the oven and bake it: when it is bak't, draw it forth, and take the first sirrup in which the *Wardens* were boyld, and taste it, and if it be not sweet enough, then put in more *Sugar* and some *Rose water*, and boyle it againe a litle, then powre it in at the vent-hole, & shake the pie well; then take sweet butter and *Rose water* melted, and with it annoint the pie lid all ouer, and then strow vpon it store of *Sugar*, and so set it into the oven againe a litle space, and then serue it vp. And in this manner you may also bake *Quinces*.

A Warden-pie, or quince-pie.

Take the best and sweetest worre, and put to it good store of *Sugar*; then pare and chore the *Quinces* cleane, and put them therein, and boyle them till they grow tender: then take out the *Quinces* and let them coole, & let the pickle in which they were boild, stand to coole also; then straine it through a raunge or siue, then put the *Quinces* into a sweete earthen pot, then powre the pickle or sirrup vnto them, so as all the *Quinces* may be quite covered all ouer; then stop vp the pot close,

To preserve quinces to keepe all the yere.

and let it in a dry place, and once in fixe or seuen weeks looke vnto it; and if you see it shrinke, or doe begin to hoare or mould, then powre out the pickle or sirup, and renewing it, boyle it ouer againe, and as before put it to the *Quinces* being cold and thus you may preserve them for the vse of baking, or otherwise all the yeere.

A Pippin Tart. Take Pippins of the fairest, and pare them, and then diuide them iust in the halfes, and take out the chores cleane: then hauing rold out the coffin flat, and raised vp a small verdge of an inch, or more high, lay in the Pippins with the hollow side downeward, as close one to another as may be: then lay here and there a cloue, and here and there a whole sticke of *Sinamon*, and a little bit of butter: then couer all cleane ouer with *Sugar*, and so couer the coffin, and bake it according to the manner of Tarts; and when it is bak't, then draw it out, and hauing boyled *Butter* and *rose-water* together, anoynt all the lid ouer therewith, and then scrape or strow on it good store of *Sugar*, and so set it in the oven againe, and after serue it vp.

A codlin Tart. Take greene *Apples* from the tree, and codle them in scalding water without breaking; then pill the thinnest skin from them, and so diuide them in halfes, and cut out the chores, and so lay them into the coffin, and doe in euery thing as you did in the Pippin tart; and before you couer it when the *Sugar* is cast in, see you sprinkle vpon it good store of *Rose-water*, then close it, and doe as before shewed.

A codling pie. Take Codlins as before said, and pill them and diuide them in halfes, and chore them, and lay a leare thereof in the bottome of the pie: then scatter here and there a cloue, and here and there a peece of whole *Sinamon*; then couer them all ouer with *Sugar*, then lay another

another leare of *Codlins*, and doe as before said, and so another, till the coffin be all filled; then couer all with *Sugar*, and here and there a Cloue and a Cinamon-sticke, and if you will a slic't Orange pill and a Date; then couer it, and bake it as the pies of that nature: when it is bak't, draw it out of the oven, and take of the thickest and best Creame with good store of *Sugar*, and giue it one boile or two on the fire: then open the pie, and put the Creame therein, and mash the *Codlins* all about; then couer it, and hauing trimd the liddle (as was before shewed in the like pies and tarts) set it into the oven againe for halfe an houre, and so serue it forth.

A Cherry Tart. Take the fairest Cherries you can get, and pick them cleane from leaues and stalkes: then spread out your coffin as for your Pippin-tart, and couer the bottome with *Sugar*: then couer the *Sugar* all ouer with Cherries, then couer those Cherries with *Sugar*, some sticks of *Cinamon*, and here and there a Cloue: then lay in more cherries, and so more *Sugar*, *Cinamon* and cloues, till the coffin be filled vp: then couer it, and bake it in all points as the codling and pipping tart, and so serue it: and in the same manner you may make Tarts of Gooseberries, Strawberries, Raspberries, Blubberries, or any other Berrie whatsoeuer.

A Rice Tart. Take *Rice* that is cleane pickd, and boyle it in sweet Creame, till it be very soft: then let it stand and coole, and put into it good store of *Cinamon* and *Sugar*, and the yelkes of a couple of *Egges* and some *Currants*, stir and beate all well together: then hauing made the coffin in the manner before said for other tarts, put the *Rice* therein, and spread it all ouer the coffin: then breake many little bise of sweet butter vpon it all ouer,

and scrape some sugar ouer it also, then couer the tart, and bake it, and trim it in all points, as hath bene before shewed, and so serue it vp.

A Florentine.

Take the Kidneys of veale after it hath bene well roasted, and is cold: then shred it as fine as is possible; then take a sort of sweete Pot hearbs, or fearsh hearbs, which haue no bitter or strong taste, and chop them as small as may be, and putting the veale into a large dish, put the hearbs vnto it, and good store of cleane washt Currants, Sugar, Cinamon, the yelkes of foure egges, a little sweete cream warme, and the fine grated crummes of a half penny loafe and salt, and mixe all exceeding well together: then take a deepe pewer dish, and in it lay your paste very thin rowld out, which paste you must mingle thus: Take of the finest wheat-flower a quart, and a quarter so much sugar, and a little cinamon; then breake into it a couple of egges, then take sweet cream and butter melted on the fire, and with it knead the paste, and as was before sayd, hauing spread butter all about the dishes sides: then put in the veale, and breake peces of sweete butter vpon it, and scrape sugar ouer it; then rowle out another paste reasonable thicke, and with it couer the dish all ouer, closing the two pasts with the beaten whites of egges very fast together: then with your knife cut the lid into diuerse pretty workes according to your fancy: then let it in the Ouen and bake it with pies and tarts of like nature: when it is bak't, draw it, and trim the lid with sugar, as hath bene shewed in tarts, and so serue it vp in your second courses.

A prudent tart.

Take of the fairest damaske pruens you can get, and put them in a cleane pipkin with faine water, Sugar, vnbruiled Cinamon, and a branch or two of Rosemary,

mary, and if you haue bread to bake, stew them in the ouen with your bread: if otherwise, stew them on the fire: when they are stewed, then bruiſe them all to mass in their sirrop, and strayne them into a cleane dish; then boyle it ouer againe with Sugar, Cinamon, and Rose water, till it be as thicke as Marmalad: then let it to coole, then make a reasonable tuffe paste with fine flower, Water, and a little butter, and rowle it out very thinne: then hauing patternes of paper cut into diuerse proportions, as Beastes, Birdes, armes, Knees, Flowers, and such like: Lay the patternes on the pisse, and so cut them accordingly: then with your fingers pinch vpp the edges of the paste, and let the worke in good proportion: then picke it well all ouer for rising, and let it on a cleane sheet of large paper, and so let it into the Ouen, and bake it hard; then drawe it, and let it by to coole: and thus you may doe by a whole Ouen full at one time, as your occasion of experice is: then against the time of seruice comes, take off the confectiō of pruens before rehearsed, and with your Knife, or a spoone fill the coffin according to the thickeſſe of the verge; then strow it ouer all with Caraway comfets, and picke long comfets vp right in it, and so taking the paper from the bottome, serue it on a plate in a dish or charger, according to the bigneſſe of the tart, and at the second course, and this tart carrieth the colour blacke.

Take apples and pare them, and slice them thin from the chere into a pipkin with White-wine, good store of Sugar, Cinamon, a few Saunders and Rose water, and boyle it till it be thicke; then coole it, and straine it, and beate it very well together with a spoone: then put it into the coffin as you did the Pruen tart, and

Ap, le-tart.

a lorne it also in the same manner, and this tart you may fill thicker or thinner, as you please to raise the edge of the coffin, and it carrieth the colour red.

A Spinage
tart.

Take good store of Spinage, and boyle it in a Pipkin with White wine till it be very soft as pap: then take it and straine it well into a pewter dish, not leauing any part vnstrained: then put to it Rosewater, great store of sugar and cynamon, and boyle it till it be as thicke as Marmalad, then let it coole, and after fill your coffin, and adorne it, and serue it in all points as you did your pruen-tart, and this carrieth the colour Greene.

A yellow tart.

Take the yelkes of eggs, and breake away the filmes, and beate them well with a little creame: then take of the sweetest and thickest creame that can be got, and set it on the fire in a cleane skillett, and put into it sugar, cinnamon and rose-water, and then boyle it well: when it is boyd, and still boyling, stirre it well, and as you stirre it put in the eggs, and so boyle it till it curdle: then take it from the fire and put it into a strainer, and first let the thin whay runne away into a by dish, then straine the rest very well, and beate it well with a spoone, and so put it into the tart coffin, and adorne it as you did your pruen-tart, and so serue it: this carrieth the colour yellow.

A white tart.

Take the whites of eggs and beate them with rose-water, and a little sweet creame: then set on the fire good thicke sweete creame, and put into it sugar, cynamon, rose-water, and boyle it well, and as it boyles stirre it exceedingly, and in the stirring put in the whites of eggs, then boyle it till it curdle, and after doe in all things as you did to the yellow tart; and this carrieth the colour white, and it is a very pure white, and therefore would be adorned with red carraway comfets, and as this lo

with

with blanched almonds like white tarts and full as pure. Now you may (if you please) put all these seuerall colours, and seuerall stufes into one tart, as thus: If the tart be in the proportion of a beast, the body may be of one colour, the eyes of another, the teeth of another, and the tallents of another: and so of birds, the body of one colour, the eyes another, the legges of another, and euery feather in the wings of a seuerall colour according to fancy: and so likewise in armes, the field of one colour, the charge of another, according to the forme of the Coat armour, as for the mantles, trailes and deuices about armes, they may be set out with seuerall colours of preserues, conserues, marmalads, and goodnyakes, as you shall find occasion or inuention, and so likewise of knots, one trayle of one colour, and another of another, and so of as many as you please.

Take sorrell, spinage, parsley, and boyle them in water till they be very soft as pap, then take them vp, and presse the water cleane from them, then take good store of yelkes of egges boild very hard, and chopping them with the heabes exceeding small, then put in good store of currants, sugar and cynamon, and stirre all well together; then put them into a deepe tart coffin with good store of sweet butter, and couer it, and bake it like a pippin tart, and adorne the lid after the baking in that manner also, and so serue it vp.

Take a quart of the best creame, and set it on the fire, and slice a loate of the lightest white bread into thinne slices, and put into it, and let it stand on the fire till the milke begin to rise; then take it off, & put it into a bason, and let it stand till it be cold: then put in the yelkes of foure egges, and two whites, good store of currants, sugar,

An hearbe
tart.

To bake a pud-
ding pie.

Sugar, Cinamon, Cloues, Mace, and plenty of *Sheepes suet* finely shred, and a good season of *Salt*; then trim your pot very well round about with butter, and so put in your pudding, and bake it sufficiently, then when you serue it, strow *Sugar* vpon it.

A Whitepot.

Take the best and sweetest cream, and boile it with good store of *Sugar*, and *Cinamon*, and a little rose-water, then take it from the fire and put into it cleane pickt ryce, but not so much as to make it thicke, & let it steepe therein till it be cold; then put in the yelks of sixe eggs, & two whites, *Currants*, *Sugar*, *Sinamon*, and *Rose-water*, and *Salt*, then put it into a pan, or pot, as thin as if it were a custard; and so bake it and serue it in the pot it is baked in, trimming the top with sugar or comfets.

OF
banqueting
suite and con-
cocted dishes.

There are a world of other Bak't meates and Pies, but for as much as whosoever can doe these may doe all the rest, because herein is contained all the Art of seasonings, I will trouble you with no further repetitions; but proceede to the manner of making of Banqueting stufte and concocted dishes, with other pretty and curious secrets, necessary for the vnderstanding of our English House-wife: for albeit they are not of generall vse, yet in their due times they are so needfull for adornation, that whosoever is ignorant therein, is lame, and but the halfe part of a compleat House-wife.

To make paste
of Quinces.

To make paste of Quinces: first boile your Quinces whole and when they are soft, pare them and cut the Quince from the core; then take the finest sugar you can get finely beaten and searsed, and put in a little Rose-water and boile it together till it be thicke; then put in the cut Quinces and so boyle them together till it be stiffe enough to mold, and when it is cold, then role it and print it, a pound of Quinces will take a pound of sugar,

or

or neere thereabouts.

To make thin Quince-cakes, take your quince when it is boyled soft as before said, and dry it vpon a Pewter plate with soft heate, & be euer stirring of it with a slice till it be hard; then take searsed sugar quantity for quantity & strow it into the quince, as you beate it in a wooden or stone mortar: and so role them thin & print them.

To make thin
quince cakes.

To preserve Quinces: first pare your Quinces and take out the cores and boile the cores and parings all together in faire water, and when they beginne to be soft, take them out and straine your liquor, and put the waight of your Quinces in sugar, and boile the Quinces in the sirrup till they be tender: then take them vp and boile your sirrup till it be thicke: If you will haue your Quinces red, couer them in the boiling, and if you will haue them white doe not couer them.

To preserve
quinces

To make Ipocras, take a pottle of wine, two ounces of good *Cinamon*, halfe an ounce of ginger, nine cloues, & sixe pepper cornes, and a nutmeg, & bruise them and put them into the wine with some rosemary flowers, and so let them steepe all night, and then put in sugar a pound at least. & when it is well settled, let it run through a woollen bag made for that purpose: thus if your wine be claret, the Ipocras will be red: if white then of that color also.

To make Ipoc-
ras.

To make the best Ielly, take calves feet and wash them and scald off the haire as cleane as you can get it: then split them and take out the fat and lay them in water, & shift them: then boile them in faire water vntill it will ielly, which you shall know by now and then cooling a spoonfull of the broth: when it will ielly then straine it, and when it is cold then put in a pint of Sacke and whole *Cinamon* and *Ginger* sliced, and *Sugar* and a little *Rose-water*, and boyle all well together againe:

Then

Then beate the white of an egge an put it into it, and let it haue one boile more: then put in a branch of Rosemary into the bottome of your ielly bag, and let it runne through once or twice, and if you will haue it coloured, then put in a little Townesall. Also if you want calues feete you may make as good Jelly if you take the like quantity of Isingglassse, and so vse no calues feete at all.

To make
Leach.

To make the best Leach, take Isingglassse and lay it two houres in water, and shift it and boyle it in faire water and let it coole: Then take Almonds and lay them in cold water till they will blanch: And then stampe them and put to new milke, and strayne them and put in whole Mace and Ginger sic't, and boile them till it taste well of the spice: then put in your Isingglassse and sugar, and a little Rose-water: and then let them all runne through a strainer.

To make Gin-
ger bread.

Take Claret wine and colour it with Townesall, and put in sugar and set it to the fire: then take wheat bread finely grated and sifted, and Licorae, Aniseedes, Ginger and Cinamon beaten very small and searfed: and put your bread and your spice all together, and put them into the wine and boile it and stue it till it be thicke: then mould it and print it at your pleasure, & let it stand neither too moist nor too warme.

Marmalad of
quinces red.

To make red Marmelade of Quinces: take a pound of Quinces and cut them in halfes, and take out the cores and pare them: then take a pound of Sugar and a quart of faire water and put them all into a pan, and let them boile with a soft fire, and sometimes turne them and keepe them covered with a Pewter dish, so that the stemme or aire may come a little out: the longer they are in boyling the better colour they will haue: and when

when they be soft take a knife and cut them crosse vpon the top, it will make the sirrup goe through that they may be all of a like colour: then set a little of your sirrup to coole, and when it beginneth to be thicke then breake your quinces with a slice or a spoone so small as you can in the pan, and then strow a little fine sugar in your boxes bottome, and so put it vp.

To make white Marmalade you must in all points vse your quinces as is before said; only you must take but a pint of water to a pound of quinces, and a pound of sugar, and boile them as fast as you can, and couer them nor at all.

Marmalad
waice.

To make the best Iumbals, take the whites of three egges and beate them well, and take off the froth; then take a little milke and a pound of fine wheate flower & sugar together finely sifted, and a few Aniseeds well rub'd and dried, and then worke all together as stiffe as you can worke it, and so make them in what formes you please, and bake them in a soft oven vppon white Papers.

To make Ium-
bals.

To make Bisket-bread, take a pound of fine flower, & a pound of sugar finely beaten and searfed, and mixe them together; Then take eight egges and put foure yelks and beate them very well together; then stow in your flower and sugar as you are beating of it, by a little at once, it will take very neere an houres beating; then take halfe an ounce of Aniseedes and Coriander-seeds and let them be dried and rubbed very cleane, and put them in; then rub your Bisket. pans with cold sweet butter as thin as you can, and so put it in and bake it in an oven: But if you would haue chinne Cakes, then take fruit dishes and rub them in like sort with butter, and so bake your Cakes on them, and when they

To make Bis-
ket-bread.

they are almost back't, turne them, and thrust them downe close with your hand. Some to this Bisket bread will adde a little Creame, and it is not amisse, but excellent good also.

To make finer
Lumbais.

To make Lumbais more fine and curious then the former, and neerer to the taste of the *Macarone*: take; pound of sugar beate it fine, then take as much fine wheat flower and mixe them together, then take two whites and one yolke of an egge, halfe a quarter of a pound of blanch'd Almonds, then beate them very fine altogether with halfe a dish of sweet butter, and a spoonfull of Rose-water, and so worke it with a little Creame till it come to a very stiffe paste, then roule them forth as you please: And hereto you shall also, if you please, adde a few dried Aniseeds finely rubbed and strewed into the paste, and also Coriander seed.

To make drie
sugar Leache.

To make drie sugar Leache, blanch your Almonds and beate them with a little rose water and the white of one egge, and you must beate it with a great deale of sugar, and worke it as you would worke a peece of paste: then roule it and print it as you did other things, onely be sure to strew sugar in the print for feare of cleaning too.

To make Leache
Lumbais.

To make Leache Lumbard, take halfe a pound of blanch'd Almonds, two ounces of Cinamon beaten and searfed, halfe a pound of sugar, then beate your Almonds, and strew in your sugar and cynamon till it come to a paste, then roule it and print it, as afore-sayd.

To make fresh
cheese.

To make an excellent fresh cheese, take a pottle of Milke as it comes from the Cow, and a pint of creame: then take a spoonfull of runnet or earning, and put it vnto it, and let it stand two houres: then stirre it vp,
and

and put it into a fine cloth, and let the whey draine from it: then put it into a bowle, and take the yelke of an egge, a spoonfull of Rose-water, and bray them together with a very little salt, with Sugar and Nutmegs, and when all these are brayed together and searft, mixe it with the curd, and then put it into a cheese-fat with a very fine cloth.

To make course Ginger bread, take a quart of Hony and set it on the coales and refine it: then take a penny-worth of Ginger, as much Pepper, as much Licoras, and a quarter of a pound of Aniseeds, and a peny worth of Saunders: All these must be beaten and searfed, and so put into the hony: then put in a quarter of a pint of Claret wine or old ale, then take three peny Manchets finely grated and strow it amongst the rest, and stirre it till it come to a stiffe paste, and then make it into cakes and dry them gently.

How to make
course Ginger
bread.

To make ordinary Quince cakes, take a good peece of a preserved Quince, and beate in a mortar, and worke it vp into a very stiffe paste with fine searft Sugar: then print it and drie them gently.

How to make
Quince cakes
ordinary.

To make most Artificiall Cinamon stickes, take an ounce of Cinamon and pound it, and halfe a pound of Sugar: then take some gumme Dragon and put it in steepe in Rosewater, then take thereof to the quantity of a halfe nut, and worke it out and print it, and roule it in forme of a Cinamon stick.

How to make
Cinamon
stickes.

To make Cinamon water take a pottle of the best Ale and a pottle of sack-lees, a pound of Cinamon sliced fine, and put them together, and let them stand two daies, then distill them in a limbecke or glasse Still.

How to make
Cinamon wa-
ter.

To make Wormewood water take two gallons of good Ale, a pound of Aniseeds, halfe a pound of Licoras,

How to make
Wormewood
water.

Licoras, and beate them very fine, And then take two good handfals of the crops of wormewood, and put them into the Ale and let them stand all night, and then distill them in a limbeck with a moderate fire.

To make
Sweete water

To make sweete water of the best kind, take a thousand damask roses, two good handfals of Lauender tops, a three peny waight of mace, two ounces of cloues bruised, a quart of running water: put a little water into the bottome of an earthen pot, and then put in your Roses and Lauender with the spices by little and little, and in the putting in alwaies knead them downe with your fist, and so continue it vntill you haue wrought vp all your Roses and Lauender, and in the working betweene put in alwaies a little of your water; then stop your pot close, and let it stand foure daies, in which time euery morning and euening put in your hand, and pull from the bottome of your pot the saide Roses, working it for a time: and then distill it, and hang in the glasse of water a graine or two of Muske wrapt in a peece of Sarcenet or fine cloath.

Another way

Others to make sweete water, take of Ireos two ounces, of Calamus halfe an ounce, of Cipresse rootes halfe an ounce, of yellow Saunders nine drams, of Cloues bruised one ounce, of Benjamin one ounce, of Storax and Calamint one ounce, and of Muske twelue graines, and infusing all these in Rose-water distill it.

To make date
Leache

To make an excellent Date-Leach, take Dates, and take out the stones and the white rinde, and beate them with Sugar, Cinamon and Ginger very finely: then work it as you would worke a peece of paste, and then print them as you please,

To make su-
gar plate,

To make a kind of Sugar plate, take Gumme Dragon, and lay it in Rose-water two daies, then take the powder

der of faire Hepps and Sugar, and the iuyce of an O-reng; beate all these together in a Morter, then take it out and worke it with your hand: and print it at your pleasure.

To make excellent spice Cakes, take halfe a pecke of very fine Wheat-flower, take almost one pound of sweet butter, and some good milke and creame mixt together, set it on the fire, and put in your butter, and a good deale of sugar, and let it melt together: then straine Saffron into your milke a good quantity: then take seuen or eight spoonefulls of good Ale-barme, and eight egges with two yelkes and mixe them together, then put your milke to it when it is somewhat cold, and into your flower put salt, Aniseedes bruised, Cloues and Mace, and a good deale of Cinamon: then worke all together good and stiffe, that you need not worke in any flower after: then put in a little rosewater cold, then rub it well in the thing you knead it in, and worke it throughly: if it be not sweete enough, scrape in a little more sugar, and pull it all in peeces, and hurle in a good quantity of Currants, and so worke all together againe, and bake your Cake as you see cause in a gentle warme oven.

To make spice
Cakes,

To make a very good Banbury Cake, take foure pounds of Currants, & wash and pick them very cleane, and drie them in a cloth: then take three egges and put away one yelke, and beate them, and strayne them with barme, putting thereto Cloues, Mace, Cinamon and Nutmegges, then take a pint of Creame, and as much mornings milke and set it on the fire till the cold be taken away; then take flower and put in good store of cold butter and sugar, then put in your egges, barme and meale and worke them all together an houre or

To make a
Banbury Cake,

more; then saue a part of the paste, & the rest breake in peeces and worke in your Currants; which done, mold your Cake of what quantity you please; and then with that paste which hath not any Currants couer it very thinne both vnderneath and a loft. And so bake it according to the the bignesse.

To make the
best March-
pane.

To make the best March-pane, take the best Iordan Almonds and blanch them in warme water, then put them into a stone-morter, and with a wooden pestell beate them to pappe, then take of the finest refined sugar well searst, and with it Damaske Rose-water, beate it to a good stiffe paste, allowing almost to every Iordan Ammond three spoonefull of sugar; then when it is brought thus to a paste, lay it vpon a faire table, and strowing searst sugar vnder it, mould it like leauen, then with a rolling-pin role it forth, and lay it vpon waters washt with Rose-water; then pinch it about the sides, and put it into what forme you please; then strow searst sugar all ouer it, which done, wash it ouer with Rose-water and sugar mixt together, for that will make the Ice; then adorne it with Comfers, guilding, or whatsoever deuices you please, and so set it into a hot stoue, and there bake it crispie, and so serue it forth. Some vse to mixe with the paste Cinamon and Ginger finely searst, but I referre that to your particular taste.

To make paste
of Genoa, or
any other past.

To make paste of Genoa, you shall take Quinces after they haue bene boyled soft, and beate them in a mortar with refined Sugar, Cinamon and Ginger finely searst, and Damaske rose water till it come to a stiffe paste; and role it forth and print it, and so bake it in a stoue; and in this sort you may make paste of Peares, Apples, Wardens, Plummes of all kinds, Cherries, Barberries, or what other fruit you please.

To

To make confereue of any fruit you please, you shall take the fruit you intend to make confereue of: and if it be stone-fruit you shall take cut the stores: if other fruit take away the paring and chore, and then boyle them in faire running water to a resonable height: then draine them from thence, and put them into a fresh vessel with Claret wise, or White wine, according to the colour of the fruit: and so boyle them to a thicke pappe all to mashing, breaking and stirring them together: then to every pound of pappe put to a pound of Sugar, and so stirre them all well together, and being very hot strayne them through faire strainers, and so pot it vp.

To make any
Consaue.

To make confereue of Flowers, as Roses, Violets, Gillyflowers, and such like: you shall take the flowers from the stalkes, and with a paire of sheeres cut away the white ends at the roots thereof, and then put them into a stone mortar or wooden briake, and there crush or beate them till they be come to a soft substance: and then to every pound thereof, take a pound of fine refined sugar well searst and beate it all together, till it come to one intire body, and then pot it vp, and vse it as occasion shall serue.

To make Con-
fereue of Flow-
ers.

To make the best Wafers, take the finest wheat-flow. To make Wa-
er you can get, and mixe it with cteame, the yelkes of
egges, Role-water, Sugar and Cinamon till it be a litle
thicker then Pan cake-batter; and then warming your
wafer-irons on a char-coale-fire, annoint them first with
sweete butter. and then lay on your batter and presse it,
and bake it white or browne at your pleasure.

To make Wa-
fers.

To make an excellent Marmalade of Oranges, take the Oranges, and with a knife pare off as thinn as is possible the vppermost rinde of the Orange: yet in such
To make Mar-
malade of
Oranges.

fort, as by no meanes you alter the color of the Orange; then sleepe them in faire water, changing the water twice a day, till you finde no bitternesse of taste therein; then take them forth, and first boile them in faire running water, and when they are left, remoue them into rofewater, and boile them therein till they breake: then to euery pound of the pulpe put a pound of refined sugar, and so hauing masht and stirred them all well together, straine it through very faire strainers into boxes, and so vse it as you shall see occasion.

Additions
to Banqueting
stuffs.
To make fine
Cakes.

Take a pottle of fine flower, and a pound of Sugar, a little Mace, and good store of water to mingle the flower into a stiffe paste, and a good season of salt, and so knead it, and role out the cake thinne and bake them on papers.

Finer bread.

Take a quarter of a pound of fine sugar well beaten, and as much flower finely boulded, with a quantity of Aniseedes a little bruised, and mingle all together; then take two egges and beate them very well, whites and all; then put in the mingled stuffe aforesaid, and beate all together a good while, then put it into a mould, wiping the bottome euer first with butter to make it come out easily, and in the baking turne it once or twice as you shall haue occasion, and so serue it whole, or in slices at your pleasure.

To preserve
Quinces for
kitchen seruice.

Take sweete Apples and stampe them as you doe for Cider, then presse them through a bagge as you doe ver-
iuyce; then put it into a serkin wherein you will keepe your Quinces, and then gather your Quinces, and wipe them cleane, and neither chore them nor pare them, but onely take the blacks from the tops, and so put them into the serkin of Cider, and therein you may keepe them all the yeere very faire, and take them not out

of

of the liquor, but as you are ready to vse them, whether it be for pies, or any other purpose, and then pare them, and chore them as you thinke good.

Take a gallon of Claret or White wine, and put therein foure ounces of Ginger, an ounce and a halfe of Nutmegs, of Cloues one quarter, of Sugar foure pound, let all this stand together in a pot at least twelue houres, then take it, and put it into a cleane bagge made for the purpose, so that the wine may come with good leisure from the spices.

Take Quinces and wipe them very cleane, and then chore them, and as you chore them, put the chores straight into faire water, and let the chores and the water boyle, when the water boylerh, put in the Quinces vnpared, and let them boyle till they be tender, and then take them out and pare them, and euer as you pare them, put them straight into sugar finely beaten: then take the water they were sodden in, & straine it through a faire cloth, and take as much of the same water as you thinke will make sirrup enough for the Quinces, and put in some of your sugar and let it boile a while, and then put in your Quinces, and let them boyle a while, and turne them, and cast a good deale of sugar vpon them; they must seeth a pace, and euer as you turne them, couer them still with sugar, till you haue bestowed all your sugar; and when you thinke that your Quinces are tender enough, take them forth, and if your sirrup be not stiffe enough, you may seeth it againe after the Quinces are forth. To euery pound of Quinces you must take more then a pound of sugar: for the more sugar you take, the fairer your Quinces will bee, and the better and longer they will be preserved.

Conferue of
Quinces.

Take two gallons of faire water, and set it on the fire, and when it is luke-warme, beate the whires of fise or fix egges, and put them into the water, and stirre it well, and then let the water seeth, and when it riseth vp all on a curd, then scumme it off: Take Quinces and pare them, and quarter them, and cut out the chokes: then take as many pound of your Quinces as of your sugar, and put them into your liquor, and let it boyle till your liquor be as high coloured as French Wine, and when they be very tender, then take a faire new canvas cloth faire washt, and straine your Quinces through it with some of your liquor; (if they will not goe through easily,) then if you will make it very pleasant, take a little Muske, and lay it in Rose water, and put it thereto; then take and seeth it, vntil it bee of such substance, that when it is cold, it will cut with a knife; and then put it into a faire boxe, and if you please, lay leafe-gold thereon.

Take
Quinces all
the yeere.

Take all the parings of your Quinces that you make your Conferue withall, and three or foure other Quinces, and cut them in peeces, and boile the same parings, and the other peeces in two or three gallons of water, and so let them boyle till all the strength bee sodden out of the sayd Quinces and parings, and if any skumme arise whilest it boyles, take it away: then let the sayd water runne thorough a strainer into a faire vessell, and set it on the fire againe, and take your Quinces that you will keepe, and wipe them cleane, and cut off the vtermost part of the said Quinces, and picke out the kernels and chokes as cleane as you can, and put them into the said liquor, and so let them boile till they be a little soft, and then take them from the fire, and let them stand till they be cold:

then

then take a little barrell, and put into the said barrell, the water that your Quinces be sodden in; then take vp your Quinces with a ladle, and put them into your barrell, and stop your barrell close that no ayre come into them, till you haue fit occasion to vse them; and bee sure to take such Quinces as are neither bruised nor rotten.

Take of the best sugar, and when it is beaten searse it very fine, and of the best Ginger and Cinamon, then take a little Gum-dragon and lay it in roswater all night, then poure the water from it, and put the same with a little White of an Egge well beaten into a brasse mortar, the Sugar, Ginger, Cinamon and all together, and beate them together till you may worke it like past; then take it and drie it forth into Cakes, and print them, and lay them before the fire, or in a very warme Stoue to bake. Or otherwise, take Sugar and Ginger (as is before said) Cinamon and Gum-dragon excepted, in stead whereof, take onely the Whites of Eggs and so doe as was before shewed you.

Fine Ginger
Cakes.

Take Curds, the paring of Lemons, of Oranges or Pouncithrons, or indeede any halfe ripe greene fruit, and boyle them till they be tender in sweete Wortes, then make a sirrep in this sort: take three pound of Sugar, and the whites of foure Eggs, and a gallon of water, then swinge and beate the water and the Eggs together, and then put in your Sugar, and set it on the fire, and let it haue an easie fire, and so let it boyle fixe or seuen walmes, and then straine it thorow a cloth, and let it seeth againe till it fall from the spoone, and then put it into the rindes or fruits.

To make
Suckets.

Take a quart of Hony clarified, and seeth it till it bee browne, and if it be thicke, put to it a dish of water:

Couple Gin-
ger-bread.

K 4

then

then take fine crummes of white bread grated, and put to it, and stirre it well, and when it is almost cold, put to it the powder of Ginger, Cloues, Cinamon, and a little Licoras and Aniseedes: then knead it, and put it into moulds and print it: some vse to put to it also a little pepper, but that is according vnto taste and pleasure.

To candy any
roote, fruite or
flower.

Dissolue Sugar, or sugar-candy in Rose-water, boile it to an height, put in your rootes, fruits or flowers, the sirrop being cold, then rest a litle, after take them out and boyle the sirrop againe, then put in more roots, &c. then boile the sirrop the third time to an hardnesse, putting in more sugar but not Rose-water, put in the roots, &c. the sirrop being cold and let them stand till they candie.

Ordering of
banquets.

Thus hauing shewed you how to Preferue, Conserue, candy, and make pasts of all kinds, in which foure heads consists the whole art of banqueting dishes; I will now proceed to the ordering or setting forth of a banquet, where in you shall obserue, that March-panes haue the first place, the middle place, and last place: your preferred fruites shall be dish't vp first, your pasts next, your wet suckets after them, then your dried suckets, then your Marmelades and Goodiniakes, then your comfers of all kinds; Next, your peares, apples, wardens back't, raw or roasted, and your Oranges and Lemmons sliced, and lastly your Wafer-cakes. Thus you shall order them in the closet: but when they goe to the table, you shall first send forth a dish made for shew onely, as Beast, Bird, Fish, Fowle, according to inuention: then your Marchpane, then preferred Fruite, then a Paste, then a wet sucket, then a dry sucket, Marmelade, comfers, apples, peares, wardens, oranges and lemmons sliced; and then wafers, and another dish of preferred fruites,

fruites, and so consequently all the rest before: no two dishes of one kind going or standing together, and this will not onely appeare delicate to the eye, but inuite the appetite with the much variety thereof.

Now we haue drawne our *House-wife* into these seuerall Knowledges of Cookery, in as much as in her is contained all the inward offices of household, we will proceede to declare the manner of seruing and setting forth of meate for a great Feast, and from it deriue manner, making a due proportion of all things: for what auails it our good *House-wife* to bee neuer so skilfull in the parts of cookery, if she want skill to marshall the dishes, and set euery one in his due place, giuing precedence according to fashion and custome: It is like to a Fencer leading a band of men in rout, who knowes the vse of the weapon, but not how to put men in order. It is then to be vnderstood, that it is the office of the clerke of the Kitchen (whose place our *House-wife* must many times supply) to order the meate at the Dresser, and deliuer it vnto the Sewer, who is to deliuer it to the Gentlemen and Yeomen-waiters to beare to the table. Now because wee allow no Offices but our *House-wife*, to whom we onely speake in this Booke, shee shall first marshall her fallets, deliuering the grand faller first, which is euerraore compound: then greene Sallets, then boyld fallets, then some smaller compound fallets. Next vnto fallets she shall deliuer forth all her fricales, the simple first, as collops, rashers, and such like: then compound fricales, after them all her boyld meats in their degree, as simple broths, stewd-broth, and the boylings of sundry fowles. Next them all sorts of rost-meates, of which the greatest first, as chine of Beefe, or surloine, the gigget or Legges of Mutton, Goose, Swan, Veale,

Ordering of
grea. Feasts,
and proportion
of expence.

Veale, Pig, Capon, and such like. Then bak't-meates, the hot first, as Fallow-deere in Pasty, Chicken, or Calues foote-pie and Douset. Then cold bak't meates, Pheasant, Partidges, Turkie, Goose, Woodcocke, and such like. Then lastly, Carbonados both simple and compound. And being thus marshald from the Dresser, the Sewer vpon the placing them on the table, shall not set them downe as he receiued them, but setting the Sallets extrauagantly about the table, mixe the Fricases about them; then the boild meates amongst the Fricases, rost meates amongst the boild, bak't meates amongst the rost, and Carbonados amongst the bak't; so that before euery trencher may stand a Sallet, a Fricase, a Boild meate, a Rost meate, a Bak't meat, and a Carbonado, which will both giue a most comely beauty to the table, and very great contentment to the Guesse. So likewise in the second course she shall first preferre the lesse wild-fowle, as Mallard, Tayle, Snipe, Plouer, Woodcocke, and such like: then the lesse land-fowle; as Chicken, Pigeons, Partridge, Raile, Turkey, Chickens, young Pea-hens, and such like.

Then the greater wild-fowle; as Bitter, Hearne, Shoueler, Crane, Bustard, and such like. Then the greater land fowles; as Peacocks, Pheasant, Puets, Gullies, and such like. Then hot bak't-meates; as Marrybone-pie, Quince-pie, Florentine, and Tarts.

Then cold bak't meates, as Red deere, Hare-pie, Gammon of Bacon-pie, wild Bore, Roe-pie, and such like, and these also shall bee marshald at the Table, as the first course nor one kind all together, but each severall sort mixt together, as a lesse wild-fowle and a lesse land-fowle; a great wild-fowle, and a great land-fowle; a hot bak't meate and a cold: and for made dishes

dishes and *Quelquechoses*, which relie on the inuention of the Cooke, they are to bee thrust in into euery place that is emptie, and so sprinkled ouer all the table: and this is the best method for the extraordinary great feasts of Princes. But in case it be for much more humble meanes, then lesse care and fewer dishes may discharge it: yet before I proceede to that lower rate, you shall vnderstand, that in these great Feasts of Princes, though I haue mentioned nothing but flesh, yet is not fish to be exempted; for it is a beauty and an honour vnto euery Feast, and is to be placed amongst all the severall seruices, as thus; as amongst your Sallets all sorts of foused-fish that lues in the fresh water; amongst your Fricases all manner of fride-fish; amongst your boyld-meates, all fish in broaths; amongst your rost-meates, all fish serued hot, but drie; amongst the bak't-meates, and sea-fish that is soust, as Sturghion and the like; and amongst your Carbonados, fish that is broild. As for your second course, to it belongeth all manner of shell-fish, either in the shell, or without; the hot to goe vp with the hot meate, and the cold with the cold.

And thus shall the Feast bee royall, and the seruice worthy.

Now for a more humble Feast, or an ordinary proportion which any good man may keepe in his family for the entertainment of his true and worthy friends, it must hold limitation with his prouision, and the season of the yeere: for Summer affords what Winter wantes, & Winter is master of that which Summer can but with difficulty haue: it is good then for him that intends to feast, to set downe the full number of his full dishes, that is, dishes of meate that are of substance, and not emptie or for shew; and of these *fixcene* is a good

good proportion for one course vnto one messe, as thus for example, First, a shield of Brawne with mustard: Secondly, a boyld capon; Thirdly, a boyld peece of Beefe: Fourthly, a chine of beefe roasted: Fifthly, a neates tongue roasted: Sixthly, a Pigge roasted: Seuen-ly, chewets back't; Eightly, a goose roasted: Ninethly, a swan roasted: Tenthly, a turkey roasted; the eleuenth, a haunch of venison roasted; the twelfth, a pasty of veni-son; the thirteenth, a Kid with a pudding in the belly; the fourteenth, an oline pyc; the fifteenth, a couple of capons; the sixteenth, a custard or dousets. Now to these full dishes may be added in sallets, fricases, quel-quechofes, and deuised paste, as many dishes more, which make the full seruice no lesse then two and thirty dishes, which is as much as can conueniently stand on one table, and in one messe: and after this manner you may proportion both your second and third course, holding fulnesse in one halfe of the dishes, and shew in the other, which will be both frugall in the spendor, contentment to the guest, and much pleasure and de- light to the beholders. And thus much touching the or- dering of great feasts and ordinary contentments.

CHAP. 3.

*Of Distillations, and their veriuies, and of
perfuming.*

WHen our English House-wife is exact in these rules before rehearsed, and that she is able to adorne and beautifie her table, with all the vertuous illustrations meet for her knowledge; she shall then fort her mind to the vnderstanding of other House-wifely secrets, right profitable and meete for her vse, such

such as the want thereof may trouble her when need, or time requires:

Therefore first I wou'd haue her furnish her selfe of very good Stills, for the distillation of all kinds of Wa- ters, which stils would either be of Tinne, or sweete Earth, and in them she shall distill all sorts of waters meete for the health of her Household, as sage water, which is good for all Rhumes and Collickes; Radish water, which is good for the stone; Angelica water good for infection, Celadine water for sore eyes, Vine water for itchings, Rose water, and Eye-bright water for dim sights, Rosemary water for Fistuloes, Treacle water for mouth cankers, water of cloues for paine in the stomacke, Saxifrage water for granell and hard v- rine, Allum water for old Vicers, and a world of others, any of which will last a full yeare at the least: Then she shall know that the best waters for the smoothing of the skinne, and keeping the face delicate and amiable, are those which are distilled from Beane-flowers, from Strawberries, from Vine leaues, from Goates milke, from Asses milke, from the whites of Egges, from the flowers of Lillies, from Dragons, from calues feete, from bran, or from yelkes of Egges, any of which will last a yeare or better.

First distill your water in a stillatory, then put it in a glasse of great strength, and fill it with those flowers a- gaine (whose colour you desire) as full as you can, and stop it, and set it in the stillatory againe, and let it distill, and you shall haue the colour you distill.

Take of Rosemary flowers two handfuls, of Maria- rome, Winter-sauory, Rosemary, Rew, ynset time, Ger- mander, Rybworte, Harts tongue, Mouscare, White wormewood, Buglosse, red sage, Liuer worte, Hoare- hound,

OF
The nature of
waters.

Additions,
to distill a. r. n. s.
To distill water
of the colour of
of the hearbe
or flower you
desire.

To make Aqua-
vita.

hound, fine Lauender, Ifop-cropps, Penny royall, Red fennell, of each of these one handfull: of Elycompane rootes, cleane pared and sliced, two handfulls: Then take all these aforesayd and shred them, but not wash them, then take foure gallons and more of strong Ale, and one gallon of sacke-lees, and put all these aforesayd hearbes shred into it, and then put into it one pound of Licoras bruised, halfe a pound of Anyseeds cleane sifted and bruised, and of Mace and Nutmegs bruised of each one ounce: then put altogether into your stilling-pot close couered with Rye paste, and make a soft fire vnder your pot, and as the head of the Limbecke heareth, draw out your hot water and put in cold, keeping the head of your Limbecke still with cold water, but see your fire be not too rash at the first, but let your water come at leasure; and take heed vnto your stilling that your water change not white: for it is not so strong as the first draught is; and when the water is distilled, take a gallon glasse with a wide mouth, and put therein a pottle of the best water and clearest, and put into it a pottle of Rosa-folis, halfe a pound of Dates bruised, and one ounce of graines, halfe a pound of Sugar, halfe an ounce of seed-pearle beaten, three leaues of fine gold, stirre all these together well, then stop your glasse and set it in the sunne the space of one or two moneths, and then clarifie it and vse it at your discretion: for a spoonfull or two at a time is sufficient, and the vertues are infinite.

Another excellent


Is in Aquavite, therein the powders of Camomile, Gilti-flowers, Ginger, Pellitory, Nutmeg, Galengall, Spicknard, Quenebis, graines of pure long pepper, blacke Pepper, Com-

Commin, Fennell seede, Smalledge, Parsley, Sage, Rew, Mint, Calamint and Horshow, of each of them a like quantity, and beware they differ not the weight of a dramme vnder or aboue: then put all the pouders abovesayd into the wine, and after put them into the distilling pot, and distill it with a soft fire, and looke that it be well luted about with Rye paste, so that no fume or breath goe forth, and looke, that the fire be temperate: also receiue the water out of the Lymbecke into a glasse vyall. This water is called the water of Life, and it may be likened to Balme, for it hath all the vertues and properties which Balme hath: this water is cleere and lighter then Rose water, for it will float aboue all liquors, for if oyle be put aboue this water, it sinketh to the bottome. This water keepeth flesh and fish both raw and sodden in his owne kind and state, it is good against aches in the bones, the poxe, and such like, neither can any thing kept in this water rot or putrifie, it doth draw out the sweetenesse, sauer, and vertues of all manner of spices, rootes and hearbes that are wet or layd therein, it giues sweetnesse to all manner of water that is mixt with it, it is good for all manner of cold sicknesses, and namely for the palsie or trembling ioynts, and stretching of the sinewes; it is good against the cold gout, and it maketh an old man seeme young, vsing to drinke it fasting, and lastly it tretteth away dead flesh in wounds, and killeth the canker.

Take Rosemary, Time, Ifop, Sage, Fennell, Nip, rootes of Elicompane, of each an handfull, of Marierum and Penny royall of each halfe a handfull, eight slips of red Mint, halfe a pound of Licoras, halfe a pound of Aniseeds, and two gallons of the best Ale that can be brewed, wash all these hearbes cleane, and put into the

To make aqua compoſita.

the Ale, Licoras, Aniseeds, and herbes into a cleane brasse pot, and set your limbecke thereon, and paste it round about that no ayre come out, then distill the water with a gentle fire, and keepe the limbecke coole above, not suffering it to runne too fast; and take heede when your water changeth colour, to put another glasse vnder, and keepe the first water, for it is most precious, and the latter water keepe by it selfe, and put it into your next pot, and that shall make it much better.

 Take of balme, of Rosemary Flowers tops and all, of dried red Rose leaues, of penny-royall, of each of these a handfull, one roote of Elycompane the whitest that can be got, three quarters of a pound of Licoras, two ounces of Cinamon, two drams of great Mace, two drams of Gallendgall, three drams of Coliander seeds three drammes of Carraway seeds, two or three Nutmegges cut in foure quarters, an ounce of Aniseeds, a handfull of Borage; you must chuse a faire Sunny day, to gather the hearbs in; you must not wash them, but cut them in sunder, and not too small; then lay all your hearbs in foule all night and a day, with the spices grossly beaten or bruised, and then distill it in order aforesaid, this was made for a learned Phisitians owne drinking.

To make the
imperiall wa-
ter.

Take a gallond of Gascoine-wine, Giager, Gallendgall, Nutmegs, Grains, Cloues, Aniseeds, Fennell seeds, Carraway seeds, of each one dramme, then take Sage, Mints, Red roses, Time, Pellitory, Rosemary, Wild-time Camomile, and Lauender, of each a handfull, then bray the spices small, and the hearbs also, and put all together into the wine, and let it stand so twelue houres, stirring it diuers times, then distill it with a limbecke, and keepe the first water, for it is best: of a gallond of
wine

wine you must not take above a quart of water; this water comforteth the vital spirits, and helpe th inward diseases that commeth of cold, as the pallsie, the contraction of sinewes, also it killeth wormes, and comforts the stomack, it cureth the cold dropie, helpeth the stone, the stinking breath, and maketh one seeme young.

Take a pottle of the best Sack, and half a pint of rosewater, a quarter, & half a pound of good cinamon well bruised but not smal beaten, distil all these together in a glasse still, but you must carefully look to it, that it boyl not over hastily, & attend it with cold wet cloaths to cool the top of the stil if the water should offer to boyl too hastily. This water is very soveraign for the stomack, the head and all the inward parts; it helps digestion, and comforteth the vitall spirits.

1. Take *Fennel, Rem, Vervaine, Endive, Bettony, German-der, Red-rose, Capillus Veneris*, of each an ounce; stamp them, and keep them with white wine a day & a night and distill water of them, which water will divide in three parts: the first water you shall put in a glasse by it self, for it is more precious then gold, the second as silver, and the third as Balm, and keep these three parts in glasses: this water you shall give the rich for Gold, to meaner for Silver, to poor men for Balan: This water keepeth the sight in clearenesse, and purgeth all grosse humours.

2. Take *Salgemma* a pound; and lap it in a greene dock leafe, and lay it in the fire till it be well roasted and waxe white, and put it in a glasse against the ayre a night, and on the morrow it shall be turned to a white water, like unto Chrystall: keep this water well in a glasse, & put a drop into the eye, and it shal cleanse

To make Cinamon water.

Six most precious waters which Hippocrates made and sent to a queen sometimes living in England.

and sharp the sight: it is good for any evill at the heart, for the *Morphew* and the *Canker* in the mouth, and for divers other evils in the Body.

3 Take the rootes of *Fennell*, *Parasley*, *Endive*, *Bettony*, of each an ounce, and first wash them well in luke-warm water, and bray them well with *white wine* a day and a night, and then distill them into water: *this water is more worthy then Balme; it preserveth the sight much, and cleanseth it of all filth, it restraineth teares, and comforteth the head, and avoideth the water that cometh through the pain of the head.*

4 Take the seed of *Parasley*, *Achannes*, *Vervine*, *Caramaies*, and *Centuary*, of each ten drams, beat all these together, and put it in warm water a day and a night, and put it in a vessell to distill: *this water is a precious water for all sore eyes, and very good for the health of mans or womans body.*

5 Take *Limmell* of *Gold*, *Silver*, *Lattin*, *Copper*, *Iron*, *Steele*, and *Lead*; and take *Lethargy* of *Gold* and *Silver*, take *Calumint*, and *Columbine*, and steep all together the first day in the *Urine* of a man-child, that is between a day and a night; the second day in *white wine*; the third day in the juyce of *Fennell*; the fourth day in the *whites* of *Egges*; the fift day in *womans milke* that nourisheth a man-child; the sixt in *red wine*; the seventh day in the *whites* of *Egges*; and upon the eight day bind all these together, and distill the water of them, and keepe this water in a vessell of *Gold* or *Silver*: the vertues of this water, are these: First, *It expelleth all Rhumes, and doeth away all manner of sicknesse from the eyes, and weares away the pearle, pin and web; it draweth againe into his own kind the eye-lids that have been bleared, it easeth the ache of the head, and if a man drink it, maketh*

him

him look young, even in old age, besides a world of other most excellent vertues.

6 Take the *Gold-smiths stone*, and put it into the fire, till it be red hot, and quench it in a pint of *white-wine*, and do so nine times, and after grind it, and beat it smal, and cleanse it as clean as you may, and after set it in the Sun, with water of *Fennell* distilled, and *Vervine*, *Roses*, *Celladine* and *Rew*, and a little *Aquavita*; and when you have sprinkled it in the water nine times, put it then in a vessell of glasse, and yet upon a reversion of the water distill it, till it passe over the touch foure or five inches; and when you will use it, then stirre it altogether, and then take up a drop with a feather, and put it on your naile, and if it abide, it is fine and good: then put it in the eye that runneth, or annoint the head with it if it ake, and temples, and believe it, that of all waters this is the most precious, and helpeth the sight, or any pain in the head.

The water of *Chervile* is good for a fore mouth.

The water of *Calamint* is good for the stomach.

The water of *Planten* is good for the fluxe, and the hot dropsie.

Water of *Fennel* is good to make a fat body small, and also for the eyes.

Water of *Violets* is good for a man that is fore with in his body, and for the reines, and for the liver.

Water of *Endive* is good for the dropsie, and for the Jaundise and the stomach.

Water of *gorage* is good for the stomacke, and for the *Iliaca passio*, and many other sickneses in the body.

Water of both *Sages* is good for the Palsie.

Water of *Bettony* is good for old age, and all inward sickneses.

The verities
of severall wa-
ters.

Water of *Radiſh* drunk twice a day, at each time an ounce, or an ounce and a halfe, doth multiply and provoke Luſt, and alſo provoketh the tearmes in women.

Rosemary-water (the face waſhed therein both morning and night) cauſeth a faire and cleare countenance: alſo the head waſhed therewith, and let dry of it ſelf, preſerveth the falling of the haire, and cauſeth more to grow: alſo two Ounces of the ſame drunk, driveth Venome out of the Body in the ſame ſort as Methridate doth; the ſame twice or thrice drunk, at each time halfe an Ounce, rectifyeth the mother, and it cauſeth women to be fruitfull: *when one maketh a Bath of this Decoction, it is called the Bath of Life:* the ſame drunke, comforteth the heart, the braine, and the whole body, and cleaſeth away the ſpots of the face; it maketh a woman looke young, and cauſeth women to conceive quickly, and hath all the vertues of Balme.

Water of *Ren* drunk in a morning four or five dayes together, at each time an ounce, purifieth the flowers in women: the ſame water drunke in the morning faſting, is good againſt the griping of the bowels, and drunk at morning and at night, at each time an ounce, it provoketh the termes in women.

The water of *Sorrell* drunk, is good for all burning and peſtilent Fevers, and all other hot ſickneſſes: being mixt with Beere, Ale, or Wine, it ſlaketh the thirſt: it is alſo good for the *yellow Jaundice*, being taken ſixe or eight dayes together: it alſo expelleth from the liver, if it be drunk, and a cloath wet in the ſame, and a little wrung out, and ſo applied to the right ſide over againſt the Liver, and when it is dry, then wet another, and apply

apply it; and thus do three or four times together.

Laſtly the water of *Angelica* is good for the head, for inward infection, either of plague or peſtilence, it is very ſoveraign for ſore Breasts; alſo the ſame water being drunke of twelve or thirteen dayes together, is good to unlade the ſtomack of groſſe humours & ſuperfluities, and it ſtrengthneth and comforteth all the univerſall parts of the body: and laſtly it is a moſt ſoveraign medicine for the gout, by bathing the diſeaſed members much therein.

Now to conclude and knit up this chapter, it is meet that our houſ-wife know that from the eight of the Kalends of the month of Aprill, unto the eight of the Kalends of July, all manner of hearbs and leaves are in that time moſt in ſtrength and of the greateſt vertue to be uſed and put in all manner of medicines, alſo from the eight of the Kalends of July, unto the eight of the Kalends of October, the ſtalkeſ, ſtemſ and hard branches of every hearb and plant is moſt in ſtrength to be uſed in medicines; and from the eight of the Kalends of October, unto the eight of the Kalends of Aprill, all manner of roots of hearbs and plants are the moſt of ſtrength and vertue to be uſed in al manner of medicines.

To make an excellent ſweet water for perfume, you ſhall take of Baſill, Mints, Marjoram, Corn-flagge-roots, Iſſop, Savory, Sage, Balme, Lavender & Rosemary, of each one handfull, of Clove, Cinamon and Nutmegs of each half an ounce, then three or four Pomcitons cut into ſlices, miſt all theſe into Damaske-rose-water the ſpace of three dayes, and then diſtill it with a gentle fire of Char-coale, then when you have put it into a very clean glaſſe, take of fat Muſke, Civer,

An excellent water for perfume.

and Amber-greece of each the quantity of a scruple, and put into a ragge of fine Lawn and then hang it within the water: This being either burnt upon a hot pan, or else boyled in perfuming pans with Cloves, Bay-leaves and Lemmon-pils, will make the most delicatest perfume that may be without any offence, & will last the longest of all other sweet perfumes, as hath been found by experience.

To perfume
Gloves.

To perfume gloves excellently, take the oyl of sweet Almonds, oyl of Nutmegs, oyl of Benjamin, of each a dramme, of Amber-greece one graine, of Musk two graines: mixe them altogether and grind them upon a painters stone, and then annoint the gloves therewith: yet before you annoint them, let them be dampishly moistned with Damaske Rose-water.

To perfume a
Jerkin.

To perfume a Jerkin well, take the oyl of Benjamin a penny-worth, oyl of spike and oyl of Olives, half penny-worths of each, and take two sponges, and warm one of them against the fire and rub your jerkin therewith and when the oyl is dried take the other sponge and dip it in the oyl, and rub your jerkin therewith till it be dry, then lay on the perfume before prescribed for gloves.

To make wash-
ing balls.

To make very good washing bals, take Storax of both kinds, Benjamin, Calamus Aromaticus, Labdanum of each a like; and bray them to powder with Cloves and Arras: then beat them all with a sufficient quantity of Sope till it be stiff, then with your hand you shall work it like paste, and make round bals thereof.

To make a
Musk ball.

To make Muske balls, take Nutmegs, Mace, Cloves, Saffron and Cinamon, of each the waight of two pence, & beat it to fine powder, of Mastick the waight of

of two-pence half-penny, of Storax the weight of six-pence; of Labdanum the weight of ten-pence; of Amber-greece the waight of six-pence; and of Musk foure graines, dissolve and worke all these in hard sweet sope till it come to a stiff paste, and then make bals thereof.

To make a good perfume to burn, take Benjamin one ounce, Storax, Calamint two ounces, of Mastick white Amber-greece, of each one ounce, Ireos, Calamus, Aromaticus, Cypresse-wood, of each half an ounce, of Camphire one scruple, Labdanum one ounce; beat all these to powder, then take of Salow Charcole six ounces of liquid Storax two ounces, beat them all with Aquavira, and then shall you role them into long round rolles.

A perfume to
burne.

To make Pomanders, take two penny-worth of Labdanum two penny-worth of Storax liquid, one penny-worth of Calamus Aromaticus, as much Balme, half a quarter of a pound of fine wax, of Cloves & Mace two penny-worth, of liquid Aloes three penny-worth, of Nutmegs eight penny-worth, and of Musk four graines; beat all these exceedingly together till they come to a perfect substance, then mould it in any fashion you please and dry it.

To make Po-
manders.

To make excellent strong vinegar, you shall brew the strongest Ale that may be, and having tunned it in a very strong vessell, you shall set it either in your garden or some other safe place abroad, where it may have the whole Summers day Sun to shine upon it, and there let it lie till it be extream sowre, then into a Hoghead of this Vinegar put the leaves of foure or five hundred Damaske Roses, and after they have layen for the space of a moneth therein, house the Vi-

To make vine-
gar.

negar and draw it as you need it.

To make dry
vinegar.

To make dry Vinegar which you may carry in your pocket you ſhall take the blacks of green Corn either Wheat or Rye, and beat it in a mortar with the ſtrong-eſt Vinegar, you can get, till it come to paſte, then role it into little balls, and dry it in the Sunne till it be very hard, then when you have occaſion to uſe it, cut a little piece thereof and diſſolve it in Wine, and it will make a ſtrong Vinegar.

To make
verjuice.

To make Verjuice you ſhall gather your Crabs as ſoon as the Kernels turne black, and having layd them a while in a heap to ſweat together, take them and picke them from ſtalke; blackes and rottenneſſe: then in long troughs with beetles for the purpoſe, cruſh and break them all to maſh: then make a bagge of courſe hair cloth as ſquare as the preſſe, and fill it with the cruſht Crabs, then put it into the preſſe, and preſſe it, while any moiſture will drop forth, having a clean veſſell underneath to receive the liquor: this done, tun it up into ſweet Hogſheads, and to every Hogſhead put halfe a dozen handfulls of Damaske Roſe leaves, and then bang it up, and ſpend it as you ſhall have occaſion.

Many other pretty ſecrets there are belonging unto curious *houſ-wiſes*, but none more neceſſary then theſe already rehearſed except ſuch as ſhall hereafter follow in their proper places.

Take of Arras fixe ounces, of Damask Roſe-leaves as much, of Marjerum and ſweet Baſill of each an ounce, of Cloves two ounces, yellow Saunders two ounces, of Citron pils ſeven drammes, of Lignum-aloes one ounce, of Benjamin on ounce, of Storaxe one ounce, of Muſk one dram: bruife all theſe, and put them

Additions
to concealed
ſecrets
To make ſweet
powder for
baggs.

them into a bag of ſilk or linnen, but ſilk is the beſt.

Take of Arras four ounces, of Gallaminis on ounce, of Ciris half an ounce, of Roſe-leaves dried two handfulls, of dried Marjoram one handfull, of Spike one handfull, Cloves one ounce, of Benjamin and Storax of each two ounces, of white Saunders & yellow of each one ounce beat all theſe into a groſſe powder, then put to it Muſk a dram, of Civer half a dram, and of Amber-greece half a dram; then put them into a Taffata-bagge and uſe it.

To make ſweet
bagges.

Take of Bay-leave one handfull, of Red-roſes two handfulls, of Damaske-Roſes three handfulls, of Lavender foure handfulls, of Baſill one handfull, Marjoram two handfulls, of Camomile one handfull, the young tops of ſweet briar two handfulls, of Mandelion-tanley, two handfulls, of Orenge peels fixe or ſeven ounces of Cloves and Mace a groats worth: put al theſe together in a pottle of new Ale in cornes, for the ſpace of three daies, ſhaking it every day three or four times then diſtill it the fourth day in a ſtill with a continual ſoft fire and after it is diſtilled, put into it a grain or two of muſk.

How to make
ſweet water.

Take a quart of malmſey Lees, or a quart of malmſey ſimply, one handfull of Marjoram, of Baſill as much, of Lavender four handfulls, bay leaves one good handfull, Damaske roſe-leaves four handfulls, and as many of red, the peels of fixe Oranges, or for want of them one handfull of the tender leaves of walnut-trees, of benjamin half an ounce, of Calamus Aramaticus as much, of Camphire four drammes, of Cloves one ounce, of Bildamum half an ounce; then take a pottle of running water, and put in all theſe ſpices bruifed into your water and malmſey together, in a
cloſe

A very rare &
pleaſant Da-
mask-water.

close stopped pot with a good handfull of Rosemary, and let them stand for the space of sixe dayes: then distill it with a soft fire: then set it in the sunne sixt eene days with four grains of Musk bruised. This quantity will make three quarts of water, *Probatum est.*

To make the
best vinegar.

Take and brew very strong Ale, then take half a dozen gallons of the first running, and set it abroad to cool, and when it is cold put yest unto it, and head it very strongly: then put it up in a ferkin, and distill it in the Sun: then take four or five handfull of Beanes, and parch them in a pan till they burst: then put them in as hot as you can into the ferkin, and stop it with a little clay about the bung-hole: then take a handfull of clean Ry Leaven and put in the ferkin; then take a quantity of Barberries, and bruise and strain them into the Ferkin, and a good handfull of Salt, and let them lye and work in the Sun from *May* till *August*: then having the full strength, take rose leaves and clip the white ends off, and let them dry in the Sun; then take Elder-flowers & pick them, and dry them in the Sun, and when they are dry put them in baggs, and keep them all the Winter: then take a pottle-pot, and draw forth a pottle out of the ferkin into the bottle, and put a handfull of the red rose-leaves, & another of the Elder-flowers, & put into the bottle, and hang it in the Sun, where you may occupy the same, and when it is empty, take out all the leaves and fill it again as you did before.

To perfume
Gloves.

Take *Angelica* water and Rose-water, and put into them the powder of Cloves, Amber-greece, Musk and Lignum Aloes, Benjamin and Callamus Aramaticus: boyle these till halfe be consumed: then straine it and put your Gloves therein; then hang them in the sunne

sunne to dry, and turn them often: and thus three times wet them, and dry them again: or otherwise, take Rose-water and wet your Gloves therein, then hang them up till they be almost dry; then take half an ounce of Benjamin, and grind it with the oyle of Almonds, and rub it on the Gloves till it be almost dried in: then take twenty graines of Amber-greece, and twenty graines of Muske, and grind them together with oyl of Almonds, and so rub it on the Gloves, and then hang them up to dry, or let them dry in your bosome, and so after use them at your pleasure.

CHAP. 4.

*The ordering, preserving, and helping of all sorts of wines,
and first of the choice of sweet Wines.*

I Doe not assume to my self this knowledge of the Vintners secrets, but ingeniously confesse that one profest skilfull in the Trade, having rudely written, and more rudely disclosed this secret, & preferring it to the Stationer, it came to me to be published, which I have done knowing that it is necessary, &c.

It is necessary that our *English-house-wife* be skillfull in the election, preservation and curing of all sorts of Wines, because they be usual charges under her hands, and by the least neglect must turne the Husband to much losse: therefore to speak first of the election of sweet Wines, she must be carefull that her Malmseys be full Wines, pleasant, well hewed and fine: that Bastard be fat, and if it be tawny it skils not, for the tawny Bastards be alwaies the sweetest. Muskadine must be great, pleasant, and strong with a sweet scent, and with Amber-colour. Sack if it be Seres (as it should bee)

you

you ſhall know it by the marke of a corke burned on one ſide of the bung, and they be ever full gage, and ſo are no other Sackes, and the longer they lye, the better they be.

To make Mus-
kadiue and
give it a ſavour

Take a pleaſant But of Malmſey, and draw it out a quarter and more; then fill it up with ſaſterd within eight gallons, or thereabouts, and parill it with ſixe egges, yelkes and all, one handfull of Bay-ſalt, and a pint of conduit water to every parill, and if the Wine be high of colour, put in three gallons of new milke, but skimme off the Creame firſt, and beat it well, or otherwiſe, if you have a good But of Malmſey, and a good pipe of ſaſterd, you muſt take ſome empty But or pipe; and draw thirty gallons of Malmſey, and as many of ſaſterd; and beat them well together: and when you have ſo done take a quarter of a pound of ginger and bruise it, and put it into your veſſel; then fill it up with Malmſey & ſaſterd: Or otherwiſe thus, if you have a pleaſant But of Malmſey, which is called Ralt-mow, you may draw out of it forty gallons, and if your ſaſterd be very faint, then thirty gallons of it will ſerve to make it pleaſant: then take four gallons of new milke, and beat it and put it into it when it lacketh of twelve gallons of full, and then make your ſavour.

How to ſavour
Muskadiue.

Take one ounce of Collianders, of Bay-ſalt, of Cloves, of each as much, one handfull of Savory: let all theſe be blended, and bruised together, and ſow them cloſe in a bagge, and take half a pint of Damask-water, and lay your ſavour into it, and then put it into your But, and if it is fine, give it a parill and fill it up, & let it lie till it is fine: or elſe thus, take Coliander roots a penny-worth, one pound of Aniſeeds, one penny-worth in Ginger

ginger, bruise them together, and put them into a Bag as before. and make your Bag long and ſmall, *that it go in and out at the Bung-hole*, and when you doe put it in, faſten it with a thread at the Bung: then take a pint of the ſtrongest Damask-water, and warme it luke-warm, then put it into the But, and then ſtop it cloſe for two or three dayes at leaſt, and then, if you pleaſe, you may ſet it abroad.

Take ſeven whites of new laid Egges, two handfulls of Bay-ſalt, and beat them well together, and put therein a pint of Sacke or more, and beate them till they be as ſhort as ſnow; then over-draw the But ſeven or eight Gallons, and beat the Wine, and ſtirre the Lees, and then put in the parell, and beate it, and ſo fill it up, and ſtop it cloſe, and draw it on the morrow.

Draw out of a Pipe of ſaſterd ten Gallons, and put it to five Gallons of new milke, and ſkim it as before, and all to beat it with a paril of eight whites of Egges, and a handfull of Bay ſalt, and a pint of Conduit-water, and it will be white and fine in the morning. But if you wil make very fine ſaſterd, take a white-wine Hogs-head and put out the Lees, and waſh it clean, and fill it halfe full, and half a quarter, and put to it four Gallons of new milke, and beat it well with the whites of ſix Egges, and fill it up with white-wine and Sack, and it will be white and fine.

Take two Gallons of the beſt ſtoned honey, and two Gallons of white-wine, and boyl them in a faire pan, ſkim it clean, and ſtrein it thorow a faire cloath, that there be no moats in it: then put to it one ounce of Colianders, and one ounce of Aniſeeds, foure or five Orange-pills dry and beaten to powder; let them lye three dayes: then draw your ſaſterd into a clean pipe then

To apparell
Muskadiue
when it comes
new to be fi-
ned in twenty
four hours.

To make white
ſaſterd.

How to help
ſaſterd being
cager.

then put in your honey with the rest, and beat it well : then let it lye a week, and touch it not, after draw it at your pleasure.

To make ba-
stard white,
and to rid
away Lagges.

If your *Bastard* be fat and good, draw out forty gal-
lons, then you may fill it up with the lags of any kind
of white wines or Sackes; then take five gallons of new
Milke, and first take away the Creaime; then streine it
thorow a cleane cloath, and when your pipe is three
quarters full put in your milk; then beat it very well,
and fill it so, that it may lacke fifteen Gallons, then
aparell it thus : take the whites only of ten Egges, and
beat them in a fair tray with *Bay salt* and *Conduit water*;
then put it into the pipe and beat it well, and so fill it
up, and let it stand open all night : and if you will keep
it any while, you must on the morrow stop it close,
and to make the same drink like *Ossey*, give it this fla-
ver : Take a pound of *Aniseeds*, two pence in *Colian-
ders*, two pence in *Ginger*, two pence in *Cloves*, two
pence in *Graines*, two pence in long *Pepper*, and two
pence in *Licorice*; bruisse all these together : then make
two bags of linnen-cloth, long and small, and put your
spices into them, and put them into the pipe at the
bung, making them fast there with a thread, that it
may sink into the Wine, then stop it close, and in two
dayes you may broach it.

A remedy for
bastard if it
prick.

Take and draw him from his lees, if he have any, and
put the wine into a *Malmsey But* to the Lees of *Malm-
sey*, then put to the *Bastard* that is in the *Malmsey But*,
nigh three gallons of the best *Woort* of a fresh tap, and
then fill him up with *Bastard* or *Malmsey*, or *Cute*, if you
will; then aparell it thus : First, Parell him, and beate
him with a staffe, and then take the whites of foure new
laid Egges, and beat them with a handfull of salt till it
be

be as short as *Mosse*, and then put a pint of running wa-
ter therein, and so fill the pipe up full, and lay a little stone
on the bung, and set it abroad within four and twenty
hours, if you will.

If you have a good But of *Malmsey*, and a But or two
of Sack that will not be drunk : for the Sack prepare
some empty But or Pipe, and draw it more than halfe
full of Sacke : then fill it up with *Malmsey*, and when
your But is full within a little, put into it three gallons
of Spanish *Cute*, the best that you can get; then beate it
well, then take your toster, and see that it be deepe co-
loured; then fill it up with Sack, and give it aparell,
and bear it well; the aparell is this : Take the yelkes
of ten Egges, and beate them in a cleen Basen with a
handfull of *bay salt*, and a quart of *Conduit-water*, and
beat them together with a little piece of *birch*, and beat
it till it be as short as *Mosse*, then draw five or six gal-
lons out of your But; then beate it again, and then fill
it up, and the next day it will be ready to be drawne :
this aparell will serve both for *Muskadine*, *Bastard*, and
for Sack,

If you have two principall Buts of *Malmsey*, you
may make three good Buts with your Lagges of Cla-
ret and Sacke, if you put two Gallons of red Wine
in a But, it will save the more *Cute* : then put two
or three Gallons of *Cute*, as you see cause; and if it
be Spanish *Cute*, two Gallons will goe further then
five gallons of *Candy Cute*, but the *Candy Cute* is more
naturall for the *Malmsey*; also one But of good *Malm-
sey*, and a But of Sack that hath lost his colour, will
make two good Buts of *Malmsey*, with the more *Cute*;
and when you have fill'd your buts within twelve
gallons, then put in your *Cute*, and beat it half an
hours

To shift *Malm-
sey* and to rid
away ill wines.

If sack want
his colour.

hour and more : then put in your parell and let it lye.
First, parell him as you did the *Bastard*, and order him as shall be shewed you for the *white wine* of *Gascogn* with *milk*, and so let him abroach.

For sack that
is tawny.

If your *Sack* have a strong *Lee* or taste, take a good sweet *But*, fair washed, and draw your *Sack* into it, and make unto it a parell as you do to the *Bastard*, and beat it very well, and so stop up your *But* : and if it be tawny, take three gallons of *new milk*, and strein it clean, and put it into your *Sack*, then beat it very well, and stop it close.

For Sack that
doth rape and
is brown.

Take a fair empty *But* with the *Lees* in it, and draw your *Sack* into the same from his *Lees* fine: then take a pound of *Rice flower*, as fine as you can get, and foure grains of *Camphire*, and put it into the *Sack*; and if it will not fine, give it a good parell, and beat it well: then stop it, and let it lye.

To colour
Sack or any
white wine.

If any of your *Sackes* or *white-wines* have lost their colour, take three Gallons of *new milk*, and take away the *Creame* : then over-draw your wine five or sixe gallons, then put in your *milke* and beat it; then lay it a fore-taree all night, and in the morning lay it up, and the next day (if you will) you may let it abroach.

If Alligant be
growne hard.

Draw him out into fresh *Lee*, and take three or four gallons of *stone-honey* clarified, and being coole, put it in, and parell it with the yelkes of four *Egges*, whites and all, and beat it well, and fill it up, and stop it close, and it will be pleasant and quick, as long as it is in drawing.

For Alligant
that is lower.

Take three Gallons of *white Honey*, and two gallons of red *Wine*, boyle them together in a faire pan, and skim it cleane, and let it stand till it be fine and cold, then put it into your *Pipe* : yet nothing but the finest; then

then beat it well, and fill it up, and stop it close, and if your *Alligant* be pleasant and great, it will doe much good, for the one *Pipe* will rid away divers.

There are two sorts of *Renish* wines, that is to say, *Elstertune* and *Barabant*: the *Elstertune* are the best, you shal know it by the *Fat*, for it is double bard, and double pinned; the *Barabant* is nothing so good, and there is not so much good to be done with them as with the other. If the wines be good and pleasant, a man may rid away a hogthead or two of *VVwhite wine*, and this is the most vantage a man can have by them : and if it be slender and hard, then take three or four gallons of *stone-honey*, and clarifie it cleane; then put into the *honey*, four or five gallons of the same wine, and then let it seeth a great while, & put into it it two pence in *Cloves* bruised, let them seeth together, for it will take away the sent of *honey*, and when it is sodden take it off, and let it by, till it be thorow cold; then take four gallons of *milk* and order it as before, and then put all into your wine, and all to beat it; and (if you can) role it, for that is the best way; then stop it close, and let it lye, and that will make it pleasant.

How to order
Renish wine

The *VVines* that be made in *Burdeaux* are called *Gaf-* Of what coun-
nine *VVine*, and you shal know them by their hazell tries wines are
hoopes, and the most be full gadge and sound *VVines*. by their names.

The *VVines* of the high countryes, and which is called *hy-country* wines, are made some thirty or fourty miles beyond *Burdeaux*, and they come not downe so soon as the other; for if they doe, they are all forfeited, and you shal know them ever by their hazell hoopes, and the length gadge lacks.

Then have you *VVines* that be called *Galloway*, both in *Pipes* and *Hogheads*, and be long, and lacks

M

two

two Cesternes in gadge and a half, and the wines themselves are high coloured. Then there are other Wines which is called white Wine of *Angulle*, very good Wine, and lacks little of gadge, and that is also in pipes for the most part, and is quarter bound. Then there are *Rochell* wines, which are also in pipes long and slender: they are very small hedge-wines, sharp in taste, and of a pallad complexions. Your best Sacke are of *Seres in Spain*, your smaller of *Galicia* and *Portugall*: your strong Sackes are of the Islands of the *Canaries*, and of *Malligo*, and your Muskadine and Malmseyes are of many parts of *Italy*, *Greece*, and some special Islands.

Every Terse is in depth the middle of the knot in the midst.

The depth of every Hoghead is the fourth prick above the knot.

The depth of every Puncheon is the fourth prick next to the punchener.

The depth of every Sack-but is the four prick next to the punchener.

The depth of the half Hoghead is at the lowest notch, and accounted one.

The depth of the half Terse is at the second notch, and is accounted two.

The depth of the half Hoghead and half pipe, is at the third notch, and accounted three.

The depth of the halfe But is at the fourth notch, and is accounted four.

Notes of
gadging of
wines, oyles,
and liquors.

1 The

1. The first gage is marked thus.



The marks of
gadging.

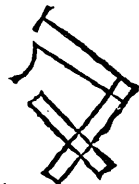
2 The half Sestern lacketh, thus.



3 The whole Sestern lacketh, thus.



4 The Sestern and half lag.



5 The two Sesternes, thus.



6 The two and a half Sesternes, thus.



The contents
of all manner
of Gascoine
VVine, and o-
thers.

A But of Malmsey if he be full gadge, is one hundred and twenty six gallons.

And so the tun is two hundred and fifty two gallons. Every Sesterne is three gallons.

If you sell for twelve pence a gallon, the tun is twelve pound, twelve shillings.

And Malmsey and Renish wine at ten pence the gallon is the tun ten pound.

Eight pence the gallon is the tun eight pounds.

Six pence the gallon is the tun six pounds.

Five pence the gallon is the tun five pounds.

Four pence the gallon is the tun four pounds.

Now for Gascoine wine, there goeth foure hogf-heads to a tun, and every hoghead is sixty three gallons, the two hogheads are one hundred twenty six gallons, and four hogheads are two hundred fifty two gallons; and if you sell for eight pence the gallon, you shall make of the tun eight pounds, and so forth looke how many pence the gallons are, and so many pounds the tun is.

Now for Bastard it is at the same rate, but it lacketh of gadge two Sesterne and a half, or three at a pipe, and then you must abate six gallons of the price, and so in all other wines.

To chuse Gas-
coyne wines.

See that in your choise of Gascoine wines, your ob-serve, that your Clarret wines be faire coloured, and bright as a Rubie, not deep as an Amethyst; for though it may shew strength, yet it wanteth neatnesse: also let it be sweet as a Rose or a Violet, and in any case let it be short; for if it be long, then in no case meddle with it.

For your white wines, see they be sweet and pleasant at the nose, very shorr, clear and bright and quick in the taste.

Lastly for your Red wine, provided that they be deep coloured and pleasant, long, and sweet, and if in them or Clarret wines be any default of colour, there are remedies enow to amend and repair them.

If your Claret wine be faint, and have lost his colour; then take a fresh Hoghead with his fresh Lees which was very good wine, & draw your wine into the same; then stop it close and tight, and lay it a foretake for two or 3 dayes that the Lees may run through it; then lay it up till it be fine, and if the colour be not perfect, draw it into a red wine hoghead, that is new drawn with the Lees, and that will colour of himself, and make him strong; or take a pound of Tournsoll or two, and beate it with a gallon or two of wine, and let it lye a day or two; then put it into your hoghead, draw your Wine again, and wash your cloths; then lay it a foretake all night, and roule it on the morrow; then lay it up, and it will have a perfect colour.

And if your Clarret wine have lost his colour, take a peny worth of Damsens, or else black Bullesfies, as you see cause, and stew them with some red wine of the deepest colour, and make thereof a pound or more of sirrup, and put it into a clean glasse, and after into the hoghead of Claret wine; and the same you may likewise do unto red wine if you please.

And if your white wine be faint, and have lost his colour, if the wine have any strength in it, take to a hogf-head so much as you intend to put in, out of the said milk, and a handfull of Rice beaten very well, and a little salt, and lay him a foretake all night, and on the morning lay him up again, and let it abrach in anywise the next wine you spend, for it will not last long.

Take three Gallons of new milk, and take away the
M 3 Cream

To remedy
Clarret wine
that hath lost
his colour.

A remedy for
white wine
that hath lost
his colour.

For white
wine that hath
lost his col-
our.

A remedy for
clarret that
drinks foule,

A remedy for
clarret that
drinks foule,

Cream off it; then draw five or six gallons of wine, and put your milk into the hog's head, and beat it exceeding well, then fill it up; but before you fill it up, if you can, rouse it, and if it be long and small, take halfe a pound of Roche Allum finely beaten into powder, and put into the vessel and let it lie.

Take and draw it into new lees of the one nature, and then take a dozen of new pippins, and pare them, & take away the chores, and then put them in, and if that will not serve, take a handfull of the Oak of Jerusalem, and stamp it, then put it into your wine, and beat it exceeding well, and it will not only take away the foulness, but also make it have a good sent at the nose.

If your red wine drink faint, then take a hog's head that Allegant hath been in with the lees also, and draw your wine into it, and that will refresh it well, and make the wine wel coloured, or otherwise draw it close to fresh lees, and that will recover it again, and put to it three or foure gallons of Allegant, and turn it on his lees.

If your red wine lack colour, then take out four gallons, and put in four gallons of Allegant, and turn him on his lees, and the bung up, and his colour will return and be fair.

Take a good But of Malmsey, and overdraw it a quarter or more, and fill him up with fat Bastard, and with Cute a gallon and more, then parrell him as you did your Malmsey.

You shall in all points dresse him, as you did dresse your Sack, or white wine in the like case, and parrell him, and then set him abroach: And thus much touching wines of all sort, and the true use and ordering of them so far forth as belongeth to the knowledge and profit of our English House-wife.

CHAP.

CHAP. 5.

Of Wooll, Hempe, Flaxe and Cloath, and dying of Colours,
of each severall substance, with all the know-
ledges belonging thereto.



Our English House-wife after her knowledge of preserving and feeding her Family, must learn also how out of her owne inducements, she ought to cloath them outwardly and inwardly for defence from the cold and comeliness to the person; and inwardly, for cleanness and neatness of the skin whereby it may be kept from the filth of sweat or vermine; the first consisting of woollen cloth, the latter of linnen.

To speak then first of the making of woollen cloth, it is the office of a Husbandman at the sheering of his sheep, to bestow upon the House-wife such a competent proportion of wool, as shall be convenient for the clothing of his family, which wool as soon as she hath received it, she shall open, and with a pair of sheeres (the fleece lying as it were whole before her) she shall cut away all the course locks, pitch, brands, and other feltrings, and lay them by themselves for course Coverlids, or the like: then the rest so clenched, she shall break into pieces, and tose it every lock by lock, that is, with her hands open, and so divide the wool, as not any part thereof may be feltred or close together, but all open and loose; then so much of the Wool as she intends to spin white, shee shall put by it selfe, and the rest which she intends to put into colours she shall weigh up, and divide into severall quantities, according

M 4

ding

ding to the proportion of the web which she intends to make, & put every one of them into particular bags made of netting, with talies or little pieces of wood fixed unto them, with privy markes thereon both for the weight, the colour, and the knowledge of the same wool when the first colour is altered: this done, she shall if she please send them unto the *Dyers*, to be dyed after her own fancy; yet for as much as I would not have our *English House-wife* ignorant in any thing meet for her knowledge, I will shew her here before I proceed any further, how she shall dye her wooll her selfe into any colour meet for her use.

To dye wool
black.

First then to dye wooll black, you shall take two pound of Gals, and bruise them, then take half so much of the best green Coperas, and boyl them both together in two gallons of running water: then shall you put your wooll therein and boyl it, so done, take it forth and dry it.

To dye wool
of a haire
colour.

If you will dye your wooll of a bright haire colour: first boyl your wooll in Allum and Water; then take it forth, and when it is cold, take Chamber-lye and chimney-foot, and mixing them together well, boyle your wooll again therein, and stirre it exceeding well about, then take it forth, and lay it where it may conveniently dry.

To dye wool
red.

If you would dye your wooll into a perfect red colour, set on a pan full of water, when it is hot put in a peck of Wheate bran, and let it boyle a little; then put it into a tub, and put twice as much cold Water unto it, and let it stand untill it be a week old: having done so, then shall you put to ten pounds of wooll a pound of Allum, then heate your liquor againe, and put in your Allum, and so soone as it is melted, put in your wooll and

and let it boyl the space of an hour: Then take it again, and then set on more Bran and Water.

Then take a pound of Madder, and put in your Madder when the liquor is hot: when the Madder is broken put in the wooll and open it, and when it commeth to be very hot, then stir it with a staffe, and then take it out and wash it with fair water; then set on the pan again with fair water, and then take a pound of Saradine back, and put it therein, and let it boyle the space of an Egge seething; then put in the wooll, and stirre it three or foure times about, and open it well, after dry it.

To dye wooll blew, take good store of old chamber-lye, and set it on the fire; then take half a pound of blew Neale, Byse or Indico, and beat it small in a Morter, and then put it into the Lye, and when it seethes put in your wooll.

To dye wool
blew.

To dye wooll of a puke colour, take Galles, and beate them very small in a Morter, put them into faire seething Water, and boyle your wooll or your Cloth therein, and boyle them the space of halfe an houre: then take them up, and put in your Coperas into the same Liquor: then put in your Wooll again, and doing this once or twice, it will bee sufficient.

To dye a
puke.

And if you will dye your wooll of a Sinder colour, which is a very good colour, you shall put your red wooll into your puke liquor; and then it will faile lesse to be of a Sinder colour.

To dye a
sinder colour.

If you will dye your wooll either greene or yellow, then boyle your Woodward in a faire Water, then put in your Wooll or Cloth, and the Wooll which

To dye green
or yellow.

you

you put in white, will bee yellow, and that *wool* which you put in blew will be green, and all this with one liquor: provided that each be first boyled in Allom.

When you have thus dyed your *wool* into thole several colours meet for your purpose, and have also dried it well; then you shall take it forth, and toase it over again as you did before: for the first toasting was to make it receive the colour or dye: this second is to receive the oyl, and make it fit for spinning; which as soon as you have done, you shall mixe your colours together, wherein you are to note that the best medly is that which is compounded of two colours only, as a light colour and a dark: for to have more is but confusion, and breeds no pleasure but distraction to the sight: therefore for the proportion of your mixtures, you shall ever take two parts of the darker colour, and but a third part of the light. As for example, your web contains 12 pound, and the colours are red and green: you shall then take eight pound of the green wool, and but four pound of the red, and so of any other colours where there is difference in brightnesse.

The mixing
of colours.

Making of
three colours.

But if it be so that you will needs have your cloth of three Colours, as of two darke and one light, or two light and one dark: As thus, you will have Crimson, Yellow, and Puke; you shall take of the Crimson and yellow of each two pound, and of the Puke 8 pound: for this is two light colours to one darke; but if you will take a Puke, a green, and an orange tawny, which is two dark, and one light; then you shall take of the puke and green, and the orange tawny of each a like quantity: that is to say, of either four pounds, when you have equally divided your portions, then you shall spread upon the ground a sheet, and upon the same first lay a thin

thin layr or bed of your darker colour, all of one even thicknesse: then upon the same layr, lay another much thinner of the brighter quantity, being so neere as you guesse it, hardly half so much as the darker: then cover it over with another layr of the said colour or colours again; then upon it another of the bright again: And thus lay layr upon layr till all your wooll be spread: then beginning at one end to role up round and hard together the whole bed of *wool*; and then causing one to kneel hard upon to roule, that it may not stir nor open, with your hands toase and pull out all the *wool* in smal pieces: And then taking a paire of Stock-cards sharpe and large, and bound fast to a forme, or such like thing, and on the same Combe, and Card over all the Wool till you see it perfectly and undistinctly mixed together, and that indeed it is become one intire colour of divers without spots, or undivided lockes or knots; in which doing you shall be very carefull and heedfull with your eye: and if you find any hard knot or other felter in the Wool, which will not open, though it be never so small, yet you shall picke it out, and open it, or else being any other fault, cast it away: for it is the greatest Art in House-wifery to mixe these Wools aright, and to make the Cloth without blemish

Your *wool* being thus mixed perfectly together, you shall then oyle it, or as the plain *House-wife* tearmes it, greafe it: In this manner being laid in a round flat bed you shall take of the best Rape oyle, or for want thereof either wel rayd red Goole greafe, or Swines greafe, and having melted it with your hand sprinkle it all over your *wool*, & work it very well into the same: then turne your *wool* about, and doe as much on the other side

Of the oyling
of wool.

side, till you have oyled all the wooll over, and that there is not a locke which is not moystened with the same.

the quantity
of Oyl.

Now for as much as if you shall put too much oyle upon the *wooll*, you may thereby doe great hurt to the web, and make that the thread will not draw, but fall into many pieces: you shall therefore be sure at the first to give it little enough: and taking some thereof, prove it upon the wheel: And if you see it drawes dry, and breaketh, then you may put more oyl unto it; but if it draw wel, then to keep it there without any alteration: but because you shall be a little more certaine in the truth of your proportions, you shall know, that three pound of grease or oyle, will sufficiently annoint or grease ten pounds of wooll: and so according to that proportion, you may oyl what quantity you will.

Of tumming
wool.

After your wooll is oyl'd and annointed thus, you shall then tum it, which is, you shal put it forth as you did before when you mixe it, and card it over againe upon your Stock-cards: and then those cardings which you strike off, are called tummings, which you shal lay by, till it come to spinning. There be some *Hous-wives* which oyl it as they mixe it, and sprinkle every layr as they lay it, and work the oyl well into it: and then rolling up as before said, pull it out, and rumme it; so that then it goeth but once over the Stock-cards, which is not amisse: yet the other is more certain, though somewhat painfull.

Of spinning
wool.

After your wooll is thus mixed, oyled and rummed, you shall then spin it upon great wooll-whecles, according to the order of good *Housewifery*: the action whereof must be got by practise, and not relation; only this you shall be carefull, to draw your thread according

ding to the nature and goodnesse of your wooll, not according to your particular desire: for if you draw a fine thread from a wooll which is of a course staple, it will want substance when it comes to the walke-mill, and either there beate in pieces, or not being able to bed, and cover the threads well, be a cloth of a very short lasting. So likewise if you draw a course thread from a VVool of a fine Staple, it will then so much overthick, that you must either take away a great part of the substance of your wooll in flocks; or else let the cloth weare course, and high, to the disgrace of the good House-wifery, and losse of much cloth, which else might have bene saved.

Now for the diversities of spinning, although our ^{The diversities} ordinary English house-wife make none at all, but spin in spinning. every thread alike, yet the better experient make two manner of spinnings, and two sorts of thread; the one they call warp, the other west or else wooffe; warpe is spunne close, round and hard twisted, being strong and well smoothed, because it runnes through the sieves, and also endureth the fretting and beating of the beame, the west is spunne open, loose, hollow, and but half twisted; neither smoothed with the hand, nor made of any great strength, because it but only crosseth the warpe, without any violent straining, and by reason of the softnesse thereof, beddeth closer, and covereth the warp so well, that a very little beating in the Mill, bringeth it to perfect cloth: and though some hold it less substantiall then the web, which is all of twisted warne, yet experience findes they are deceived, and that this open west keeps the cloth longer from fretting and wearing.

After the spinning of your wooll, some House-wives use

winding of
woollen yarn.

use to winde it from the broch into round clewes for more ease in the warping, but it is a labour may very well be saved, and you may as well warpe it from the broch as from the clew, as long as you know the certain waight, for by that only you are to be directed in all manner of cloth walking.

Of warping
cloth.

Now as touching the warping of cloth, which is both the skill and action of the Weaver, yet must not our *English Housewife* be ignorant therein, but though the doing of the thing be not proper unto her, yet what is done must not be beyond her knowledge, both to bridle the falshood of unconscionable Work-men, and for her own satisfaction, when she is rid of the doubt of others evill doing. It is necessary then that she first cast by the waight of her wooll, to know how many yards of cloth the Web will arise: for if the Wool be of a reasonable good staple, and well spun, it will run yard and pound, but if it be coarse, it will not runne so much.

Now in your warping also, you must look how many pounds you lay in your warpe, and so many you must necessarily preserve for your weft: for House-wives say the best cloth is made of even and even; for to drive it to greater advantage is hurtfull to the Cloth: There be other observations in the warping of Cloth; as to number your portusses, and how many goes to a yard: to looke to the closeness, and filling of the sleie, and such like, which sometimes hold, and sometimes faile according to the art of the Workman; and therefore I will not stand much upon them, but refer the Housewife to the instruction of her own experience.

Now after your Cloth is thus warped, and delivered

up into the hands of the Weaver; the *House-wife* hath finished her labour: for in the Weaving, walking, and dressing thereof, she can challenge no property more, ^{Of weaving cloth, walking and dressing it.} then to intreat them severally to discharge their duties with a good conscience; that is to say, that the Weaver weave close, strong, and true, that the Walker or Fuller mill it carefully, and looke well to his scowring Earth, for fear of beating holes into the Cloth; and that the Clothworker, or Sheer-man burle and dresse it sufficiently, neither cutting the wooll too unreasonable high, whereby the cloth may not weare rough, nor too low, least it appear thread-bare ere it come out of the hands of the Taylor.

These things fore-warn'd and performed, the Cloth is then to be used at your pleasure.

The next thing to this, which our *English House-wife* ^{Of linnen cloth.} must be skilfull in, is in the making of all sorts of linnen cloth, whether it be of hemp or flax, or from those two only this is the most principall cloth derived, and made both in this, and in other Nations.

And first touching the Soyle fittest to sowe Hempe ^{The ground best to sowe hempe on.} upon, it must be a rich mingle earth of Clay and Sand, or Clay and Gravell well tempered: and of these the best serveth best for that purpose, for the simple clay, or the simple Sand are nothing so good; for the first is too tough, too rich, and too heavy, bringeth forth all Bun, and no Rind; the other is too barren, too hot, and too light, and bringeth forth such slender withe, and increase, that it is nothing neere worth the labour: briefly then the best earth is the best mixt ground which Husband-men call the red hazell ground, being well ordered and manured: and of this earth a principall place to sowe Hempe on, is in old Stacke-yards, or other places

places kept in the winter time for the laire of sheep or cattle, when your ground is either scarce, or formerly not imployed to that purpose: but if it be where the ground is plenty, and onely used thereunto, as in Holland, in Lincolneshire, the Isle of Axom, and such like places, then the custome of the Country will make you expert enough therein: there be some that wil preserve the endes of their come lands, which but upon grasse to sow hempe or flaxe thereon, and for that purpose will manure it well with sheep: for whereas come which butteth on grasse heds, where cattle are teathered is commonly destroyed, and no profit issuing from a good part thereof; by this meanes, that which is sowed will be more safe and plentiful, and that which was destroyed, will beare a commodity of better value.

The tillage of
the ground.

Now for the tillage or ordering of the ground where you sow Hempe or Flax, it would in all points be like unto that where you sow Barley, or at the least as often broke up, as you do when you sow fallow wheat, which is thrice at least, except it be some very mellow, and ripe mould, as stacke-yards, and usuall hempe-lands be, and then twice breaking up is sufficient: that is to say, about the latter end of February, and the latter end of April, at which time you shal sow it: and herein is to be noted, that you must sow it reasonable thicke with good sound and perfect seed, of which the smootheest, roundest, and brightest with least dust in is best: you must not lay it too deepe in the earth, but you must cover it close, light, and with so fine a mould as you can possibly breake with your harrowes, clotting-beetles, or sleighing: then till you see it appeare above the earth, you

have it exceedingly carefully tended, especially

hours

hour or two before the Sun rise, and as much before is set, from Birds and other Vermine, which wil otherwise pick the seed out of the earth, and so deceive you of your profit.

Now for the weeding of hempe, you may save the labour, because it is naturally of it selfe swift of growth, rough, and venomous to any thing that grows under it, and will sooner of its owne accord destroy those unwholesome weeds then by your labour: But for your Flax or line which is a great deale more tender, and of harder increase, you shall as occasion serveth weed it, and trim it, especially if the weeds overgrow it, but not otherwise: for if it once get above the weeds, then it will save it selfe.

Of weeding
of hempe and
flaxe.

Touching the pulling of Hempe or Flaxe, which is the manner of gathering of the same: you shall understand that it must be pulled up by the roots, and not cut as Corn is, either with sithe or hook: and the best time for the pulling of the same is, when you see the leaves fall downward, or turn yellow at the tops, for that is full ripe, and this for the most part will be in *July*, and about *Mary Magdalins day*. I speake now touching the pulling of hempe for cloth: but if you intend to save any for seed, then you shal save the principall buns, and let them stand till it be the latter end of *August*, or some times till mid *September* following: and then seeing the seed turned broune and hard, you may gather it, for if it stand longer, it will shed suddenly: As for Flaxe, which ripeneth a little after the hempe, you shall pull it as soon as you see the seed turn brown, and bend the head to the earthward, for it will afterward ripen of it selfe as the bun drieth.

The pulling of
hempe or flaxe.

Now for the ripening and seasoning of hempe or flaxe

N

flaxe

Flax, you shall so soon as you have pulled it, lay it all along flat, and thin upon the ground, for a day and a night at the most, and no more; and then as *House-wives* call it, tie it up in baits, and rear them upright till you can conveniently carry it to the water, which would be done as speedily as may be. Now there be some which ripen their Hemp and Flaxe upon the ground where it grew, by letting it lye thereon to receive dewes and rain, and the moistnesse of the earth, till it be ripe: but this is a vile and naughty way of ripening, it making the hemp or flax black, rough, and often rotten: therefore I would with none to use it, but such as necessity compelleth thereunto, and then to be carefull to the often turning thereof, for it is the ground onely which rots it.

The watering
of Hempe or
flaxe.

Now for the watering of the Hemp or Flax, the best water is the running streame, and the worst the standing pit, yet because Hemp is a poysonous thing, and infecteth the water, and destroyeth all kind of fish, it is more fit to imploy such pits and ditches as are least subject to annoyance, except you live neer some great broad and swift streame, and then in the shallow parts thereof you may water without danger: touching the manner of the watering therof, you shall according to the quantity knock foure or sixe strong stakes into the bottome of the water, and set them square-wise, then lay your round baits or bundles of Hempe down under the water, the thicke end of one bundle one way, and the thicke ends of another bundle another way; and so lay bait upon bait, till you have laid in all, and that the water covereth them all over; then you shall take over-lyers of wood, & binding them overthwart to the stakes, keepe the Hempe downe close, and especially

cially, at the foure corners; then take great stones, gravel, and other heavy rubbish, and lay it betweene, and over the over-lyers, and so cover the Hemp close, that it may by no meanes stirre, and so let it continue in the water foure daies & nights, if it be in a running water, but if it be in a standing water, then longer, and then take out one of the uppermost baits and wash it; and if in the washing you see the leaf come off, then you may bee assured the Hempe is watered enough: as for Flax, lesse time will serve it, and it will shead the lease in three nights.

The time it
shall lie in wa-
ter.

When your Hempe or Flax is thus watered enough, you shall take off the gravel, stones, over-lyers of wood and unloosing it from the stakes, take and wash out every bait or bundle severally by it self, and rub it exceeding clean, leaving not a lease upon it, nor any filth within it; then set it upon the dry earth upright, that the water may drop from it, which done, load it up, and carry it home; and in some open close, or piece of ground reare it upright either against hedges, pales, wals, back-sides of houses, or such like, where it may have the full strength or reflection of the Sun, & being thoroughly dried then house it; yet there be some *House-wives* which as soon as their Hemp comes from the water, will not rear it upright, but lay it upon the ground flat and thin for the space of a sennight, turning it at the end of every two days; first on the one side, then on the other, and then after rear it upright, dry it, and so house it, and this *House-wifery* is good and orderly.

Of washing
out of Hempe
Flaxe.

Now although I have hitherto joyned Hempe and Flax together, yet you shall understand that there are some particular differences between them; for whereas your Hempe may within a night or two after the pul-
ling

ling be carried to the water, your flaxe may not, but must be reared up, and dried and withered a weeke or more to ripen the seed, which done, you must take ripple combs, and ripple your flax over, which is the beating or breaking off from the stalkes the round belles or bobs which contain the seed, which you must preserve in some dry vessell or place till the spring of the year, and then beat it, or thresh it for your use, and when your flax or line is ripled, then you must send it to the water as aforesaid.

After your Hemp or Flax hath been watered, dried, and housed, you may then at your pleasure brake it, which is in a brake of wood (whose proportion is so ordinary, that every one almost knowes them) break and beat out the dry bun, or hexe of the Hemp or Flax from the rinde which covers it, and when you brake either, you shall do it, as neer as you can, on a faire dry Sun-shine day, observing to set forth your Hemp and Flax, and spread it thin before the Sun, that it may be as dry as tinder before it come to the brake; for if either in the lying close together it shall give again or sweat, or through the moistnesse of the ayre, or place where it lies, receives any dampishnesse, you must necessarily receive it dried sufficiently again, or else it will never brake well, nor the bun break and fall from the rinde in order as it should.

Therefore if the weather bee not seasonable, and your need much to use your Hemp or Flaxe, you shall then spread it upon your Kilne, and making a soft fire under it, dry it upon the same, and then brake it: yet for as much as this is oft times dangerous, and much hurt hath beene received thereby through casualty of fire, I would wish you to sticke four stakes

The drying of
hemp or flaxe.

in the earth at least five foot above ground, and laying over them small over-layers of wood, and open fleakes or hurdles upon the same; spread your Hemp, and also rear some round about it all, but at one open side; then with straw, small shavings, or other light dry wood make a soft fire under the same, and so dry it, and brake it, and this without all danger or mistrust of evill; and as you brake it, you shall open and look into it, ever beginning to break the root ends first; and when you see the bun is sufficiently crushed, fallen away, or at the most hangeth but in very small shivers within the Hemp or Flax, then you shall say it is brak't enough, and then terming that which you called a Baite or Bundle before, now a strike, you shall lay them together, and so house them, keeping in your memory either by score or wrighting, how many strikes of hemp, and how many stikes of Flaxe you brake up every day.

Now that your Hemp or Flax may brake so much the better, you must have for each severall sort two severall brakes, which is an open and wide toothed, or nickt brake, and a close and straight toothed brake: the first being to crush the bun, and the latter to beate it forth. Now for Flax, you must take first that which is the straightest for the Hempe, and then after one of purpose, much straighter and sharper for the bun of it being more small, tough, and thin, must necessarily be broken into much lesse pieces.

After your Hemp and Flax is brak't, you shall then swingle it, which is upon a swingle tree blocke made of an half inch boord about foure foot above ground, and set upon a strong foot or stock, that will not easily move and stir, as you may see in any House wifes house

Diversity of
brakes.

house whatsoever better then my words can expresse: and with a piece of wood called the swingle-tree dagger, and made in the shape and proportion of an old dagger with a reasonable blunt edge; you shall beate out all the loose buns & shivers that hang in the hemp or flaxe, opening and turning it from one end to the other, till you have no bun or shiver to be perceived therein, and then strike a twist, and fould in the midst, which is ever the thickest part of the strike, lay them by till you have swingled all; the generall profit whereof, is not only the beating out of the hard bun, but also an opening and softning of the tear, whereby it is prepared and made ready for the Market.

Now after you have swingled your Hemp and Flaxe over once, you shall take and shake up the refuse stuff which you beat from the same severally, and not only it, but the tops and knots, and half brackt buns which fall from the brake also; and drying them againe, cause them to be very well thresht with flayls, and then mixing them with the refuse which fell from the swingle-tree, dresse them all well with threshing and shaking, till the buns be clean driven out of them; and then lay them in some safe dry place till occasion of use: these are called swingle-tree hurds, and that which comes from the Hempe will make window-cloth, and such like coarse stuff, and that which comes from the flax, being a little towed again in a pair of wool-cards, will make a course harding.

But to proceed forward in the making of cloth, after your hemp or flaxe hath been swingled once over, which is sufficient for the market, & for ordinary sale, you shall then for cloath swingle it over the second time, and as the first did beat away the bun, and soften
the

the rind, so this shall break and divide, and prepare it fit for the heckle; and hurds which are this second time beaten off, you shall also save: for that of the hemp (being tosted in wool cards) will make a good hempen harden and that commeth from the flaxe (used in that manner) a flaxe harden better then the former.

After the second swingling of your Hemp, and that ^{Of beating} the hurds thereof have been layd by, you shall take the ^{hemp.} strikes, and dividing them into dozens, and half dozens, make them up into great thick roles, and then as it were broaching them, or spitting them upon long sticks set them in the corner of some chimney, where they may receive the heat of the fire, and there let them abide, till they be dried exceedingly, then take them, and laying them in a round trough made for the purpose, so many as may conveniently lye therein, and there with beetles beat them exceedingly, till they handle both without and within as soft and plyant as may be, without any hardnesse or roughnesse to be felt or perceived; then take them from the trough, and open the roler, and divide the strikes severally as at the first, and if any be insufficiently beaten, role them up, and beat them over as before.

When your Hemp hath been twice swingled, dried and beaten, you shall then bring it to the heckle, ^{Of heckling} which instrument needeth no demonstration, because ^{hemp.} it is hardly unknown to any woman whatsoever: and the first heckle shall be course, open and wide toothed because it is the first breaker or divider of the same, & the layer of the strikes even and straight: and the hurds which come of this heckling you shall mixe with those of the latter swingling, and it wil make the cloth much better, then you shall heckle it the second time through

a good straight heckle made purposely for Hemp, and be sure to break it very well and sufficiently thereupon, and save both the hurds by themselves, and the strikes by themselves in severall places.

Now there bee some very principall good *House-wives*, which use only but to heckle their hemp once over, affirming, that if it be sufficiently dryed and beaten, that once going over through a straight heckle will serve without more losse of labour, having been twice *swingled* before.

Now if you intend to have an excellent piece of Hempen cloth, which shall equall a piece of very pure Linnen; then after you have beaten it, as before said, and heckled it once over, you shall then roule it up again, dry it as before, and beat it againe as much as at the first; then heckle it through a fine flaxen heckle, & the Towe which falls from the Heckle, will make a principal hemping, but the teare it self a cloth as pure, as fine *House-wives* Linnen, the indurance and lasting whereof, is rare and wonderfull: thus you see the uttermost art in dressing of hemp for each severall purpose in cloth-making till it come to the spinning.

Flaxe after it hath been twice *swingled* needeth neither more drying nor beating as hemp doth, but may be brought to the heckle in the same manner as you did hemp; only the heckle must be much finer & straiter, and as you did before, the first heckle being much coarser then the latter, holding the strike stiff in your hand, breake it very well upon that heckle: then the hurdes which comes thereof, you shall save to make fine hurden cloth of, and the strike it selfe you shall passe thorow a finer heckle; and the hurds which come from thence, you shall save to make fine midlen cloth

cloth of, and the teare it self for the best Linnen.

To dresse Flax for the finest use that may be, as to make fair Holland cloth of great price, or thread for the most curious purpose, a secret hitherto almost concealed from the best *House-wives* with us; you shall take your Flax after it hath been handled, as is before shewed, and laying three strikes together, plat them in a plat of three so hard and close together as is possible, joyning one to the end of another, till you have platted so much as you think convenient, and then begin another plat, and thus plat as many severall plats as you think will make a roule, like unto one of your Hempe roubles before spoke of, and then wreathing them hard together, make up the roule; and so many roubles more or lesse, according to the purpose you dresse them for: this done, put the roubles into a hempe trough, and beat them soundly, rather more then lesse than the hempe: and then open & unplat it, and divide every strike from other very carefully; the heckle it through a finer heckle than any formerly used: for of heckles there be ever three sorts, and this must be the finest: and in this heckling you must be exceeding carefull to do it gently, lightly, and with good deliberation, least what you heckle from it should run to knots, or other hardness, as it is apt to do: but being done artificially as it ought you shall see it looke and feele it handle like fine soft cotton, or Jersey wool; and this which thus looketh and feeleth, and falleth from the heckle, will notwithstanding make a pure linnen, and run at least two yards and a half in the pound; but the teare it self will make a perfect strong, and most fine holland, running at least five yards in the pound.

After your teare is thus drest, you shall spin it either upon

The dressing of flaxe so the finest use.

upon wheel or rock, but the wheel is the swifter way, and the rock maketh the finer thread; you shall draw your thread according to the nature of the tear, and as long as it is even, it cannot be too small, but if it be uneven, it will never make a durable Cloath. Now for as much as every Housewife is not able to spin her owne reare in her own house, you shall make choice of the best Spinners you can hear of, and to them put forth your reare to spin, weighing it before it go, and weighing it after it is spun and dry, allowing weight for weight, or an ounce and a half for waste at the most: as for the prizes for spinning, they are according to the natures of the Country, the fineness of the reare, and the dearness of provisions: some spinning by the pound, some by the lay, and some by day, as the bargain shall be made.

Of reeling of
yarn.

After your yarn is spun upon spindles, (spools, or such like; you shall then reele it upon reeles, of which the reeles which are hardly two foot in length, and have but only two contrary crosse bars at the best, the most easie and lesse to be troubled with ravelling, and in the weaving of your fine yarn to keepe it the better from ravelling, you shall as you reel it, with a Leyband of a big twist, divide the slipping or skeane into divers Leyes, allowing to every Ley eighty threads, and twenty Leyes to every slipping, the yarn being very fine, otherwise lesse of both kinds; but if you spin by the Ley as at a pound of Ley or so, then the ancient custome hath been to allow to the reele which was 8. yards all above 160 threads to every Ley, and 25 Leyes, and sometimes 30 Leyes to a slipping, which wil ordinarily amount to a pound or thereabouts; and so by that you may proportion forth the price for any manner of spinning

ning whatsoever; for if the best thus, then the second so much bated; and so accordingly the worst.

After thus your yarn is spun and reeld, being in the slipping, you shall scowr it: Therefore, first to fetch ^{Of the scowring of yarn} out the spots, you shall lay it in lukewarm water, and let it lye so three or four dayes, each day shifting it once, and wringing it out, and laying it in another water of the same nature; then carry it to a wel or brook, and there rinse it, till you see that nothing commeth from it, but pure clean water; for whilest there is any filth within it, there will never be white cloth; which done, take a bucking tub, and cover the bottome thereof with very fine Ashen-ashes: then opening your slippings, and spreading them, lay them on those Ashes; then cover those slippings with ashes againe, then lay in more slippings, and cover them with ashes as before, and thus lay one upon another, till all your yarn be laid in; then cover the uppermost yarne with a bucking-cloth, and lay therein a peck or two (according to the bignesse of the tub) of ashes more: then powre into all through the uppermost cloth so much warme water, till the tub can receive no more; and so let it stand all night: the next morning you shall set a Kettle of clean water on the fire; and when it is warme, you shall pull out the spigget of the bucking tub, and let the water therein run into another clean vessell, and as the bucking tub wasteth so you shall fill it up again with the warme water on the fire, and as the water on the fire wasteth, so you shall fill it up again with the lie which commeth from the bucking tub, ever observing to make the lie hotter and hotter till it seeth; and then when it so seetheth, you shall as before apply it with boyling lie, at least four hours together, which is called

whitening of
yarne.

led, the driving of a buck of yarn: All which being done, you shall take off the Buckling cloth, and then putting the yarne with the Lie-ashes into large Tubs of Boales, with your hands as hot as you can suffer it to posse, and labour the yarne, ashes, and Lie, a pretty while together; then carry it to a Well, River, or other clean scouring water, and there rinse it as clean as may be from the ashes; then take it, and hang it up upon poales abroad in the ayre all day, and at night take the slippings down, and lay them in water all night; then the next day hang them up again, and if any part of them dry, then cast water upon them, observing ever to turn that side outmost which whiteth slowest; and thus do at least seven dayes together; then put all the yarn again into a Bucking-Tub without ashes: and cover it as before with a Bucking-cloth and lay there-upon good store of fresh ashes, and drive that buck as you did before, with very strong scething Lies, the space of half a day or more; then take it forth, posse it, rinse it and hang it up as you did before on the days, and laying it in water on the nights another weeke, and then wash it over in fair water, and so dry it up.

Other wayes there are of scouring and whitening of yarn; as steeping it in bran and warme water, and then boyling it with Ozier stickes, wheat straw, water, and ashes, and then possing, rinsing, and bleaching it upon hedges, or bushes; but it is a foule and uncertaine way, and I would not wish any good *House-wife* to use it.

After your yarne is scoured and whited, you shall then wind it up into round balls of a reasonable bignesse, rather without bottomes then with any at all, because it may deceive you in the waight, for according

ding to the pounds will arise your yards and lengths of cloth.

After your yarn is wound and weighed, you shall carry it to the Weavers, and warpe it as was before shewed for woollen cloth, knowing this, that if your Weaver be honest and skilfull, he will make you good and perfect cloth of even and even, that is just the same weight in west that then was in warp; as for the action of weaving it self, it is the work-mans occupation, and therefore to him I refer it.

After your cloth is woven, and the Web or Webs come home, you shall first lay it to steep in all points as you did your yarne, to fetch out the soyling and other filth which is gathered from the Weaver; then rinse it also as you did your yarn, then buck it also in lie and ashes, as before said, and rinse it, and then having loopes fixt to the selvedge of the cloth, spread it upon the grasse, and stake it down at the uttermost length & breadth, and as fast as it dries, water it again, but take heed you wet it not too much, for fear you mildew or rot it, neither cast water upon it, till you see it in a manner dry, and be sure weekly to turn it first on one side, and then on the other, and at the end of the first weeke you shall buck it as before in Lie and Ashes: Again then rinse it, spread it, & water it as before; then if you see it whites apace, you need not to give it any more bucks with the ashes and the cloth mixt together: but then a couple of clean bucks (as was before shewed in the yarn) the next fortnight following; and then being whitened enough, dry up the cloth, and use it as occasion shall require; the best season for the same whitening being in *April* and *May*. Now the course & worst house-wives scour and white their cloth with Water and

The scouring
and whitening
of cloth.

and bran, and buck it with lie and green hemlocks: but as before I said, it is not good, neither would I have it put in practice. And thus much for wooll, hemp, Flax, and Cloth of each severall substance.

CHAP. 6.

Of Dairies, Butter, Cheese, and the necessary things belonging to that Office.

THere followeth now in this place after these knowledges already rehearsed, the ordering and Government of Dairies, with the profits and commodities belonging to the same. And first touching the stock wherewith to furnish Dairies, it is to be understood, that they must be Kine of the best choice and breed that our *English House-wife* can possibly attaine unto, as of big bone, faire shape, right bred, and deepe of milke, gentle, and kindly.

Bigness of
Kine.

Touching the bignesse of bone, the larger that every Cow is, the better she is: for when either age, or mischance shall disable her for the pale, being of large bone she may bee fed, and made fit for the shambles. and so no losse, but profit, and any other to the pale as good and sufficient as her selfe.

For her shape, it must a little differ from the Butchers rules; for being chose for the Dairy, she must have all the signes of plenty of milke; as a crumpled horne, a thinne uck, a hairy dewlap, and a verry large udder, with foure teats, long, thicke, and sharpe at the ends; for the most part either all white, of what colour soever the Cow be; or at least the fore part thereof, and if it be well haired before and behind, and smooth in the bottome, it is a good signe.

As

As touching the right breed of Kine through our nation, it generally affordeth very good ones, yet some Countries do far exceed other Countries, as *Cheshire*, *Lanca-shire*, *York-shire*, and *Darby-shire*, for black Kine; *Glocestershire*, *Somersetshire*, and some part of *Wiltshire*, for red Kine, and *Lincoln-shire* pide Kine: and from the breeds of these Countries generally doe proceed the breeds of all other, howsoever dispersed over the whole Kingdom. Now for our *Hous-wives* direction, she shall chuse her Dairy from any of the best breeds before named, according as her opinion and delight shall governe her, onely observing not to mixe her breeds of divers kinds, but to have all of one intire choice without variation, because it is unprofitable; neither must you by any means have your Bull a forreiner from your Kine, but either of one country, or of one shape and colour: again in the choice of your Kine, you must look diligently to the goodnesse and fertility of the soil where in you live, and by all means buy no Kine from a place that is more fruitfull the your own, but rather harder; for the latter will prosper and come on, the other will decay and fall into disease; as the pissing of bloud and such like, for which disease and all other you may find assured cures in the former book, called *Cheap & good*.

For the depth of milk in Kine (which is the giving of most milk) being the maine of a *House-wives* profit, she shall be very carefull to have that quality in her beasts. Now those Kine are said to be deepest of milk, which are new hare; that is, which have but lately calved, and have their milke deepe springing in their adders, for at that time she giveth the most milk; and if the quantity then be not convenient, doublelesse the Cow cannot be said to be of deep milch: and for the quantity

The breed of
Kilne.

Depth of milk
in Kine.

quantity of milk, for a Cow to give two Gallons at a meal, is rare and extraordinary; to give a Gallon and a half is much and convenient, and to give but a Gallon certain is not to be found fault with: again, those Kine are said to be deep of milk, which though they give not so exceeding much milk as others, yet they give a reasonable quantity, and give it long, as all the yeere through, whereas other Kine that give more in quantity, will go dry, being with Calf some three moneths, some two, and some one, but these will give their usual measure even the night before they calve; and therefore are said to be Kine deep of milk. Now for the retained opinion, that the Cow which goeth not dry at all, or very little, bringeth not forth so good a Calf as the other, because it wanteth much of the nourishment it should enjoy, it is vain and frivolous; for should the substance from whence the milk proceedeth, convert to the other intended nourishment, it would bee so superabundant, that it would convert either to disease or putrefaction: but letting these secret reasons pass, there be some Kine which are so exceedingly full of milke, that they must be milkt at least thrice a day, at morning, noon, and evening, or else they will shed their milk, but it is a fault rather then a vertue, and proceedeth more from a laxativenesse or looseness of milk, then from any abundance; for I never saw those three meales yet equall the two meales of a good Cow, and therefore they are not truly called deep of milk.

Touching the gentleness of Kine, it is a vertue as fit to be expected as any other; for if she be not affable to the Maid, gentle and willing to come to the pail, and patient to have her dugs drawn without skittishnesse, striking or wildnesse, she is utterly unfit for the dairy.

As

Of the going
dry of Kine.

As a Cow must be gentle to her milker, so she must be kind in her own nature; that is, apt to conceive, and bring forth, fruitfull to nourish, and loving to that which springs from her; for so she bringeth forth a double profit, the one for the time present which is in the Dairy, the other for the time to come, which is in the maintenance of the stock, and upholding of breed.

Of kindnesse
in Kine.

The best time for a Cow to Calve in for the dairy, is in the latter end of *March* and all *April*; for then grass beginning to spring to its perfect goodnesse, will occasion the greatest increase of milk that may be, and one good early Cow will countervail two latter, yet the Calves thus calved are not to be reared, but suffered to feed upon their Dams best milk, and then to be sold to the Butchers, and surely the profit will equall the charge; but those Calves which fall in *October*, *November*, or any time of the depth of winter may well be reared up for breed, because the main profit of the Dairy is then spent, and such breed will hold up any Calves which are calved in the prime dayes, for they generally are subject to the disease of the *Sturdy*, which is dangerous and mortall.

The best time
to calve in,
for the dairy
or breed.

The *House-wife* which only hath respect to her dairy, and for whose knowledge this discourse is written (for we have shewed the *Grassier* his office in the *English Husband-man*) must rear her calves upon the finger with floten milke, and not suffer them to run with the Dams, the generall manner whereof, and the cure of all the diseases incident to them and all other cattel is fully declared in the book called *Cheap and good*.

Rearing of
Calves.

To proceed then to the general use of Dairies, it consisteth first in the cattel of which we have spoken sufficiently, then in the hours of milking, the ordering of

The generall
use of dairies

The hours of
milking.

of the milke, and the profits arising from the same. The best and most commended hours for milking, are indeed but two in the day, that in the Spring and Summer time which is the best season for the Dairy, is betwixt five and six in the morning, and sixe and seven a clock in the evening: and although nice and curious *House-wives* will have a third hour betwixt them, as between twelve and one in the afternoon, yet the better experientist do not allow it, and say as I believe, that two good meals of milk are better ever than the three bad ones; also in the milking of a Cow, the woman must sit on the neer side of the Cow, she must gently at the first handle and stretch her dugs, and moysten them with milk that they may yeeld out the milk the better and with lesse pain: she shall not settle her self to milk, nor fixe her paille firm to the ground till she see the Cow stand sure and firm, but be ready upon any motion of the Cow to save her paille from overturning: when she seeth all things answerable to her desire, she shall then milk the Cow boldly, and not leave stretching and straining of her teate: till not one drop of milk more wil come from them, for the worst point of *House-wifery* that can be, is to leave a Cow half milkt; for besides the losse of the milk, it is the only way to make a Cow dry, and utterly unprofitable for the Dairy: the Milk-maid whilest she is in milking, shall doe nothing rashly or suddenly about the Cow, which may afright or amaze her, but as shee came gently, so with all gentlenesse she shall depart.

Ordering of
milk.

Touching the well ordering of milk after it is come home to the Dairy, the main point belongeth thereunto is the *House-wives* cleanlinesse in the sweet and neat keeping of the Dairy-house, where not the least moat

of

of any filth may by any meanes appeare, but all things either to the eie or nose so void of fowerzēs or stutisanes that a Princes bed-chamber must not exceed it: to this must be added the sweter and delicate keeping of her milk vessells whether they be of wood, earth or lead, the best as yet is best disputable with the best *House-wives*; onely this opinion is generall received, that the wooden, vessell, which is round and shallow is best in cold vaults, the earthen vessels principall for long keeping, and the leaden vessell for yeelding of much Cream: but howsoever, any and all these must be carefully scalded once a day, and set in the open ayr to sweeten, lest getting any taint of sowerneesse into them, they corrupt the milk that shall be put therein.

Ordering of
milk vessels.

But to proceed to my purpose, after your milk is come home, you shal as it were strain it from all unclean things, through a neat and sweet kept Syledish, the form whereof every *House-wife* knowes, and the bottome of this Syle, through which the milk must passe, be covered with a very clean washt fine linnen cloath, such an one as will not suffer the least mote or hair to go through it, you shall into every vessell syle a pretty quantity, of milk, according to the proportion of the vessell, the broader it is, the shallower it is, and the better it is, and yeeldeth ever the most cream, and keepeth the milk longest from sowing.

Sylling of
Milk.

Now for the profit arising from milk, they are three of especiall account, as Butter, Cheese, and Milk, to be eaten simple or compounded: as for Curds, sower Milk, or Wigge, they come from secondary meanes, and therefore may not bee numbred with these.

Profits arising
from milk.

For your Butter which onely proceedeth from the Cream,

O 2

Of Butter.

Creame, which is the very heart and strength of Milk; it must be gathered very carefully, diligently, and painfully: And though cleanness be such an ornament to a House-wife, that if she want any part thereof, she loseth both that and all good names else; yet in this action it must be more seriously imployed then in any other.

Of fleeting
creame.

To begin then with the fleeting or gathering of your Creame from the Milke, you shall do it in this manner: The Milk which you do milk in the morning you shall with a fine thin shallow dish made for the purpose, take off the Cream about five of the clock in the evening; and the Milk which you did milk in the evening, you shall fleet and take off the Creame about five of the clock the next morning; and the Cream so taken off, you shall put into a clean sweet and well leaded earthen pot close covered, and set in a close place: and this Cream so gathered you shall not keep above two dayes in the Summer, and not above four in the Winter, if you will have the sweetest and best butter; and that your Dairy containe five Kine or more; but how many or few soever you keep, you shall not by any meanes preserve your Cream above three dayes in Summer, and not above six in the Winter.

Of keeping
creame.

Of churning
butter and the
daies.

Your Creame being neatly and sweet kept, you shall churme or churme it on those usuall daies which are fittest either for your use in the house, or the markets adjoining near unto you, according to the purpose for which you keep your Dairy. Now the daies most accustomed held amongst ordinary *House-wives*, are Tuesday and Friday: Tuesday in the afternoone, to serve Wednesday morning market, & Friday morning to serve Saturday market; for Wednesday and Saturday are the most generall market dayes of this Kingdom,

dome, and Wednesday, Fryday, and Satterday, the usual fasting dayes of the weeke, and to meete it for the use of Butter. Now for churning take your creame, and through a strong and cleane cloth strain it into the churn; and then covering the churn close, and setting it in a place fit for the action in which you are imployed (as in the summer) in the coolest place of your Dairy, and exceeding early in the morning, or very late in the evening: and in the Winter, in the warmest place of your dairy, and in the most temperate hours, as about noone, or a little before or after, and so churn it with swift strokes, marking the noise of the same, which will be solid, heavie, and intire, untill you hear it alter, and the sound is light, sharp, and more spirity; and then you shall say that your butter breaks, which perceived both by this sound, the lightnesse of the churn-staffe, and the sparks and drops which will appear yellow about the lip of the churn; then cleanse with your hand both the lidde and inward side of the churn, and having put all together, you shall cover the churn again, and then with easie strokes round, and not to the bottome, gather the butter together into one intire lump and body, leaving no pieces thereof severall or unjoyned.

Now for asmuch as there be many mischiefs and inconveniences which may happen to butter in the churning, because it is a body of much tendernes, and neither will indure much heat, nor much cold: for if it be over-heated, it will look white, crumble, and be bitter in tast; and if it be over-cold, it will not come at all, but make you waste much labour in vain, which faults to help, if you churn your butter in the heat of summer, it shall not be amisse, if during the time of your churning

Helpes in
churning.

churning, you place your churn in a pale of cold water, as deep as your Creame riseth in the churn, and in the churning thereof let your strokes go slow, and be sure that your churn be cold when you put in your cream: but if you churn in the coldest time of Winter, you shall then put in your Creame before the churme bee cold; after it hath been scalded, you shall place it within the ayre of the fire, and churn it with as swift strokes, & as fast as may be, for the much labouring of it will keep it in a continuall warmth, and thus you shall have your butter good, sweet, and according to your wish. After your butter is churn'd, or churn'd and gathered wel together in your churn, you shall then open your churn, and with both your hands gather it well together, and take it from the butter milke, and put it into a very clean boud of wood, or panshion of earth sweetned for the purpose, and if you intend to spend the butter sweet and fresh, you shall have your boud or panshion filled with very clean water, and therein with your hand you shall work the butter, turning and tossing it to and fro, till you have by that labour beaten and washt out all the butter milke, and brought the butter to a firme substance of it selfe, without any other moisture; which done, you shall take the butter from the water, and with the point of a knife scotch and slash the butter over and over every way, as thicke as is possible, leaving no part through which your knife must not passe; for this will cleanse and fetch out the smallest haire or mote, or rag of a strainer, and any other thing which by casual means may happen to fall into it.

After this you shall spread the butter in a boud thin, and take so much salt as you shall think convenient, which must by no means be much for sweet butter, and

The handling
of Butter.

and sprinkle it thereupon; then with your hands worke the butter and the salt exceedingly well together, and then make it up either into dishes, pounds, or halfe pounds at your pleasure.

If during the moneth of *May* before you salt your butter you save a lump thereof, and put it into a vessel, and so let it into the Sun the space of that moneth, you shall find it exceeding soveraign and medicinable for wounds, strains, aches, and such like grievances.

Of May-butter.

Touching the poudring up or potting of butter, you shall by no meanes, as in fresh butter, wash the butter milke out with water, but onely work it cleare out with your hands: for water will make the butter rusty, or reese: this done, you shall weigh your butter, and know how many pounds there is thereof: for should you weigh it after it were salted, you would be deceived in the weight: which done, you shall open the butter, and salt it very well and thoroughly, bearing it in with your hand till it be generally disperst through the whole butter; then take clean earthen pots, exceedingly well leaded, least the brine should leake through the same, and cast salt into the bottome of it: then lay in your butter, and presse it downe hard within the same, and when your pot is filled; then cover the top thereof with salt so as no butter be seen: then closing up the pot let it stand where it may bee cold and safe: but if your Dairy be so little that you cannot at first fill up the pot, you shall then when you have potted up so much as you have, cover it all over with salt, and pot the next quantity upon it till the pot be full.

Now there be *Housewives* whose Dairies being great, can by no means conveniently have their butter contain-

lined in pots; as in *Holland, Suffolk, Norfolk*, and such like, and therefore are first to take barrels very close and well made; and after they have salted it well, they fill their barrels therewith; then they take a small stick, clean and sweet, and therewith make divers holes, down through the butter, even to the bottome of the barrell: and then make a strong brine of water and salt which will beare an egge, and after it is boyl'd, well skimmed and cool'd, then powr it upon the top of the butter, till it swim above the same, and so let it settle. Some use to boyle in this brine a branch or two of Rosemary, and it is not amisse, but pleasant and wholesome.

When to put
Butter.

Now although you may at any time betwixt *May* and *September* put up butter, observing to do it in the coolest time of the morning: yet the most principal season of all is in the month of *May* only: for then the ayre is most temperate, and the butter will take salt the best, and the least subject to reeling.

The best use of Butter milk for the ablest *House-wife* is charitably to bestow it on the poor Neighbours, whose wants do dayly cry out for sustenance: and no doubt but she shall find the profit thereof in a divine place, as well as in her earthly businesse. But if her own wants command her to use it for her own good, then she shall of her Butter-milk make curds, in this manner: she shal take her Butter milk and put it into a clean earthen vessell, which is much larger then to receive the Butter-milk only; and looking unto the quantity thereof, she shall take as it were a third part so much new milk, and set it on the fire, and when it is ready to rise, take it off, and let it cool a little: then powr it into the butter milk in the same manner as you would

would make a posset, and having stirred it about, let it stand: then with a fine skimmer, when you will use the curds (for the longer it stands, the better the curds will eat) take them up into a cullander, and let the whey drop well from it, and then cate them either with Cream, Ale, Wine, or Beer; as for the whey, you may keep it also in a sweet stone vessell: for it is that which is called Whig, and it is an excellent cool drinke, and wholesome, and may very well be drunk a Summer through, in stead of any other drink, and without doubt will slake the thirst of any labouring man as well, if not better.

Of Whigger

The next main profit which ariseth from the Dairy is cheese, of which there be divers kinds, as new milke, or morrow milke, cheese, nettle-cheese, sixteen-milk cheese, and eddish, or after-matb-cheese, all which have their severall orderings and compositions, as you shall perceive by the discourse following: yet before I do begin to speak of the making of the cheese, I will shew you how to order your Cheeselep bag or Runnet, which is the most principall thing wherewith your cheese is compounded, and giveth the perfect taste unto the same.

The Cheeselep bag or Runnet, which is the stomach bag of a young sucking Calfe, which never tasted other food then milk, where the curd lyeth undigested. Of these Bags, you shall in the beginning of the Yeere provide your self good store, and first open the Bag and powr out into a clean Vessell the curd and thicke substance thereof; but the rest which is not curdled you shall put away: then open the curd and pick out of it all manner of mote, chiers of grasse, or other sitch gotten into the same: then wash the curd in so many cold waters, till it be as white and clean from all sorts

Of the Cheeselep-bagge or Runnet.

sorts of moats as is possible; then lay it on a cleane cloath that the water may drain from it, which done, lay it in another dry vessel; then take a handfull or two of salt, and rub the curd therewith exceedingly, then take your bag and wash it also in divers cold waters till it be very clean, and then put the curd and the salt up into the bag, the bag being also well rub'd within with salt: and so put it up, and salt the outside also over, and then close up the pot close, and so keep them a full year before you use them. *For touching the hanging of them up in chimney corners (as course Housewives do) it is stuttish, naught, and unwholesome, and the spending of your Runnet whilst it is new, makes your cheese heavie and prove hollow.*

When your Runnet or Earning is fit to be used, you shall season it after this manner; you shall take the bag you intend to use, and opening it, put the curd into a stone mortar or a boule, and with a wooden pestle, or a rolling pin beat it exceedingly; then put to it the yolkes of two or three egges, and halfe a pint of the thickest and sweetest cream you can fleet from your milk, with a peny worth of saffron finely dryed and beaten to powder, together with a little Cloves and Mace, and stirre them all passing well together, till they appear but as one substance, and then put it up in the bag again: then you shall make a very strong brine of water and salt, and in the same you shall boile a handfull of Saxifrage, and then when it is cold clear it into a cleane earthen vessell: then take out of the bag half a dozen spoonfulls of the former curd and mixe it with the brine; then closing the bag up again, close hang it with the brine, and in any case also steep in your brine a few Wall-nut tree leaves, and so keep your

your Runnet a fortnight after before you use it; and in this manner dresse all your bags so, as you may ever have one ready after another, and the youngest a fortnight old ever at the least; for that will make the earning quick and sharp, so that four spoonfulls thereof will suffice for the gathering and seasoning of at least twelve Gallons of milk, and this is the choicest and best earning which can possibly be made by any Housewife.

To make a new-milk or morning milk cheese, which is the best cheese made ordinarily in our Kingdom; you shall take your milke early in the morning as it comes from the Cow, and syle it into a cleane tub; then take all the Cream also from the milke you milk'd the evening before, and strain it into your new-milke: then take a pretty quantity of cleane water, and having made it scalding hot, powre it into the milke also to scald the cream and it together; then let it stand, and cool it with a dish till it be no more then luke-warm; then go to the pot where your earning bags hang, and draw from thence so much of the earning without stirring of the bag, as will serve for your proportion of milk, &c strain it therein very carefully; for if the least mote of the curd of the earning fall into the cheese, it will make the cheese rot and mould; when your earning is put in, you shall cover the milk, and so let it stand halfe an houre or thereabout; for if the earning be good it will come in that space; but if you see it doth not, then you shall put in more: being come, you shall with a dish in your hand breake and mashe the curd together, passing and turning it about diversly: which done, with the flat palmes of your hands very gently presse the curd down into the bottome of the Tub, then with

a thin dish take the whey from it as clean as you can, and so having prepared your Cheefe-fat answerable to the proportion of your curd with both your hands joined together, put your curd therein, and break it, and presse it down hard into the fat till you have sild it; then lay upon the top of the curd your hard cheefe-board, and a little small weight thereupon, that the whey may drop from it into the under vessell; when it hath come dropping, take a large Cheefe-cloth, and having wet it in the cold water, lay it on the Cheefe-board, and then turn the Cheefe upon it; then lay the cloth into the Cheefe-fat, and so put the Cheefe therein againe, and with a thin slice thrust the same downe close on every side: then laying the cloth also over the top to lay on the Cheefe-board, and so carry it to your great presse, and there presse it under a sufficient waight: after it hath been there prest half an hour, you shal take it and turn it into a dry cloth, and put it into the presse again, and thus you shall turn it into dry cloths at least five or six times in the first day, and ever put it under the presse again, not taking it there from till the next day in the evening at soonest, and the last time it is turned, you shal turn it into the dry fat without any cloth at all.

When it is prest sufficiently, and taken from the fat, you shall then lay it in a Kimmel, and rub it first on the one side, & then on the other with salt, and so let it lye all that night; then the next morning you shall doe the like again, & so turn it upon the brine, which comes from the salt two or three days or more, according to the bignesse of the Cheefe, and then lay it upon a faire table or shelf to dry, forgetting not every day once to rub it all over with a clean cloth, and then to turn it, till such time that it be thoroughly dry, and fit to goe into

into the Cheefe hecke: and in this manner of drying you must observe to lay it first where it may dry hastily, and after where it may dry at more leasure: thus may you make the best and most principall cheefe

Now if you will make Cheefe of two meales, as your A Cheefe of two meales mornings new milke, and the evenings Creame milke, & all you shal do is but the same formerly rehearsed.

And if you will make a simple morrow milk Cheefe, which is all of new milke and nothing else, you shall Cheefe of one meal then do as is before declared, onely you shall put in your curd so soon as the milke is sild (if it have any warmth in't) and not scald it: but if the warmth be lost you shall put it into a kettle and give it the ayre of the fire.

If you will have a very dainty nettle Cheefe, which Of Nettle cheefe is the finest summer cheefe which can be eaten; you shall doe in all things as was formerly taught in the new milke cheefe compound; Onely you shal put the curd into a very thinne Cheefe-fat, not above halfe an inch or a little better deepe at the most, and then when you come to dry them as soone as it is drained from the brine, you shall lay it upon fresh nettles and cover it all over with the same; and so lying where they may feele the ayre, let them ripen therein, observing to renew your nettles once in two dayes, and every time you renew them, to turne the Cheefe or Cheeses, and to gather your nettles as much without stalkes as may be, and to make the bed both under and aloft as smooth as may be, for the more even and fewer wrinkles that your cheefe hath, the more dainty is your *House-wife* accounted.

If you will make floaten milke cheefe, which is the Of floaten milke cheefe courtest of all cheeses, you shal take some of the milke and

and heat it upon the fire to warm all the rest; but if it be slow that you dare not adventure the warming of it for fear of breaking, then you shall heat water, and with it warm it; then put in your earning as before shewed, and gather it, presse it, salt it, and dry it as you did all other Cheeses.

Of eddish
cheese.

Touching your eddish Cheese or Winter Cheese, there is not any difference betwixt it and your summer Cheese touching the making thereof only, because the season of the year denieth a kindly drying or hardning thereof, it differeth much in taste, and will be soft alwayes; and of these eddish Cheeses you may make as many kinds as of Summer Cheeses, as of one meal, two meales, or of milk that is floaten.

When you have made your Cheese, you shall then have care of the whey, whose general use differeth not from that of Butter-milk, for either you shall preterve it to bestow on the poor, because it is a good drink for the labouring man, or keep it to make curds out of it, or lastly to nourish, and bring up your Swine.

Of whey
curds.

If you will make curds of your best Whey, you shall set it upon the fire, and being ready to boyl, you shall put into it a pretty quantity of Butter-milk, and then as you see the Curds arising up to the top of the Whey, with a skummer skim them off, and put them into a Cullender, and then put in more Butter-milk, and thus do whilst you can see any Curds arise; then the Whey being drained cleane from them, put them into a cleane vessell, and so serve them forth as occasion shall serve.

CHAP. 7.

The Office of the Malt, and the severall secrets, and knowledges belonging to the making of Malt.



It is most requisite and fit that our *House-wife* be experienced and well practised in the well making of Malt, both for the necessary and continuall use thereof, as also for the generall profit which accrueth and ariseth to the *Husband, House-wife*, and the whole family: for as from it is made the drink by which the *Household* is nourished and sustained, so to the fruitfull *Husband-man* (who is the master of rich ground, and much tillage) it is an excellent merchandize, and a commodity of so great trade, that not alone especiall Towns and Countries are maintaiued thereby, but also the whole Kingdom, and divers others of our neighboring Nations. This office or place of knowledge belongeth particularly to the *House-wife*; and though we have many excellent Men-maltsters, yet it is properly the work and care of the woman, for it is a *house-work*, and done altogether within doores, where generally lyeth her charge; the man only ought to bring in, and to provide the grain, and excuse her from portage or too heavy burthens, but for the Art of making the Malt, and the severall labours appertaining to the same, even from the Fat to the Kiln, it is only the work of the *House-wife*, and the *Maid-servants* to her appertaining. To begin then with the first knowledge of our Maltster, it consisteth in the election and choise of grain fit to make Malt on, of which there are indeed truly but two kinds, that is to say, Barley, which is of all other

other the most excellent for this purpose ; and Oates, which when Barley is scant or wanting, maketh also a good and sufficient Malt : and though the drink which is drawn from it, be neither so much in the quantity, so strong in the substance, nor yet so pleasant in the taste, yet is the drink very good and tolerable, and nourishing enough for any reasonable creature. Now I do not deny, but there may be made Malt of *wheat, Pease, Lupins, Fetches*, and such like, yet it is with us of no retained custome, nor is the drink simply drawn or extracted from those grains, either wholesome or pleasant, but strong and fullsome: therefore I think it not fit to spend any time in treating of the same. To speak then of the election of Barly, you shal understand that there be divers kinds thereof, according to the alteration of soyles, some being big, some litle, some empty, some full, some white, some brown, and some yellow: but I will reduce all these into three kinds, that is, into the Clay-barley, the Sandy-Barly, and the Barly which groweth on the mixt soyl. Now the best Barly to make Malt on, both for yeelding the greatest quantity of matter, and making the strongest, best, and most wholesome drink, is the Clay Barley well drest, being clean Corne of it selfe, without weed or Oates, white of colour, full in substance, and sweet in taste: that which groweth on the mixt grounds is the next; for though it be subject to some Oates and some Weeds: yet being painfully and carefully drest, it is a fair and a bold Corn, great and full; and though somewhat browner then the former, yet it is of a fair and clean complexion. The last and worst grain for this purpose is the Sand Barly, for although it be seldome or never mixt with Oates, yet if the tillage be not painfully and cunningly handled;

it is much subject to weeds of divers kinds, as tares, fetches, and such like, which drink up the liquor in the brewing, and make the yeeld or quantity thereof very little and unprofitable: besides the grain naturally of it self hath a yellow, withered, empty huske, thick, and unfurnished of meale, so that the drinke drawne from it, can neither be so much, so strong, so good, nor so pleasant; so that to conclude, the clean Clay-barley is best for profit in the sale drink, for strength and long lasting.

The Barley in the mixt grounds will serve well for households and families: and the sandy barley for the poor, and in such places where better is not to be gotten. And these are to be known of every *Husband or House-wife*: the first by his whitenesse, greatnesse and fullness: the second by his brownenesse, and the third by his yellownesse, with a darke browne nether end, and the emptinesse and thicknesse of the husk (and in this election of Barley) you shall note, that if you find in it any wild oates, it is a sign of a rich clay-ground, but ill husbanded, yet the malt made thereof is not much amiss, for both the wild oate and the perfit oate give a pleasant sharp relish to the drink, if the quantity be not too much, which is evermore to be respected. And to conclude this matter of election, great care must be had of both *Husband and House-wife*, that the barley chosen for malt, be exceeding sweet, both in smell and taste, and very clean drest: for any corruption maketh the malt loathsome, and the foul dresting affordeth much losse.

After the skillfull election of graine for malt, the *House-wife* is to look to the situation, goodness and apt accomodation of the Malt-house; for in that con-

Of the Malt-house, and the situation.

fixeth both much of the skill, and much of the profit; for the general situation of the house, it would (as neer as can be) stand upon firm dry ground, having prospect every way, with open windows and lights to let in the Wind, Sun, and Ayre, which way the Maltster please, both to cool and comfort the graine at pleasure, and also close-shuts or draw-windowes to keep out the Frosts and Storms, which are the only lets and hinderances for making the malt good and perfect; for the modell or forme of these houses, some are made round, with a court in the middle, some long, and some square; but the round is the best, and the least laborious; for the Cesterns or Fats being placed (as it were) at the head or beginning of the circle, and the Pump or Well (but the Pump is best) being close adjoining, or at least by conveyance of troughs made as usefull as if it were neer adjoining, the Corne being sleept, may with one persons labour, and a shovell be cast from the Fat or Cestern to the floore, and there coucht; then when the couch is broken, it may in the turning either with the hand or the shovell be carried in such a circular house round about from one floore to another, till it come to the Kiln, which would also be placed next over against the Pump and Cesterns, and all contained under one rooffe.

And thus you may empty sleeping after sleeping, and carry them with one persons labour from floore to floor, till all the floors be filld; in which circular motion you shall find, that ever that which was first sleept, shall first come to the Kilne, and so consequently one after another in such sort as they were sleept, and your work may evermore be constant; and your floors at no time empty, but at your own pleasure, and all the

the labour done only with the hand and shovell, without carrying or recarrying, or lifting heavy burthens, is both troublefome and offensive, and not without much losse, because in such cases ever some graine scattereth.

Now over against the Kilne hole or Furnace (which is evermore intended to be on the ground) should a convenient place be made to pile the fuel for the Kiln, whetlier it be Straw, Bracken, Furs, Wood, Coale, or other fowell; but sweet Straw is of all other the best and neatest. Now it is intended that this *Malt-house* may bee made two stories in height, but no higher: over your Cesterns shall be made the Garners wherein to keep your Barley before it be sleept: in the botomes of these Garners, standing directly over the cesterns, shall be convenient holes made to open and shut at pleasure, through which shall run downe the Barley into the Cestern.

Over the bed of the Kiln can be nothing but the place for the Hair cloth, and a spacious roof open every way that the smoke may have free passage: and with the least ayr be carryed from the Kiln, which maketh the *Malt* sweet and pleasant. Over that place where the fowell is piled, and is next of all to the bed of the Kilne, would likewise be other spacious Garners made, some to receive the *Malt* as soone as it is dryed with the Combe and Kiln-dust, in which it may lye to mellow and ripen; and others to receive the *Malt* after it is skreened and drest up; for to let it bee too long in the Combe, as above three moneths at longest, will make it both corrupt, and breed Weevels and other worms, which are the greatest destroyers of *malt* that may be. And these Garners should be so conveniently

niently plac'd before the front of the *Kilne-bed*, that either with the shovel or a small scuttle you may cast, or carry the *malt* once dried into the Garners.

For the other part of the floors, they may be employed as the *ground-floors* are, for the receiving of the *malt* when it comes from the Cistern: and in this manner, and with these accommodations you may fashion any *Malt-house*, either round, long, square, or of what proportion soever, as either your estate, or the convenience of the ground you have to build on shall administer.

Of Malt-floores,

Next to the cite or proportion of the ground, you shall have a principal care for the making of your *malt floors*, in which (*all the custome and the nature of the soil binds many times a man to sundry inconveniences, and that a man must necessarily build according to the matter he hath to build withall, from whence ariseth the many diversities of Malt floors*) yet you shall understand, that the generall best *Malt-floore*, both for Summer and Winter, and all seasons, is the cave or vaulted arch which is hewed out of a dry and main greery Rocke, for it is both warm in Winter, coole in Summer, and generally comfortable in all seasons of the year whatsoever. For it is to be noted, that all *House-wives* do give over the making of *Malt* in the extreame heat of Summer, it is not because the *Malt* is worse that is made in summer than that which is made in winter, but because the *floores* are more unseasonable, and that the Sun getting a power into such open places, maketh the Grain which is steeped to sprout and come so swiftly, that it cannot indure to take time on the *floore*, and get the right seasoning which belongeth to the same: whereas these kind of vaults being dry, and as it were coucht under

under the ground, not only keepeth out the Sunne in Summer, which maketh the Malt come much too fast, but also defendeth it from frosts and cold bitter blasts in sharp Winters, which will not suffer it to come, or sprout at all; or if part do come and sprout, as that which lyeth in the heart of the bed; yet the upper parts and out-side by meanes of extreame cold cannot sprout: but being again dried, hath his first hardnesse, and is one and the same with raw Barley; for every *House-wife* must know, that if Malt doe not come as it were altogether, and at an instant, and not one come more then another, the Malt must needs be very much imperfect.

The next Flower to the Cave, or dry sandy Rock, is the Flower which is made of earth, or a stiffe strong binding Clay well watered, and mixt with Horse-dung and Soap-ashes, beaten and wrought together, till it come to one solid firmnesse; this Flower is a very warm comfortable Flower in the Winter season, and will help the Grain to come and sprout exceedingly, and with the help of windowes to let in the cold ayre, and to shut out the violent reflection of the Sun, will serve very conveniently for the making of Malt, for nine moneths in the year, that is to say, from September till the end of May; but for June, July, and August, to imploy it to that purpose, will breed both losse and incumbrance: The next Flower to this of earth, is that which is made of plaster, or plaster of paris, being burnt in a seasonable time, and kept from wet, till the time of shooting, and then smoothly laid, and well levelled; the imperfection of the *plaster flower* is only the extreame coldnesse thereof, which in frosty and cold seasons, so bindeth in the heart of the Grain,

that it cannot sprout, for which cause it becometh every Malster that is compelled to these Floores, to look well into the seasons of the yeere, and when hee findeth either the Frosts, Northern blasts, or other nipping storms to rage too violently, then to make his first couches or beds, when the Grain cometh newly out of the Cestern, much thicker and rounder than otherwise he would do; and as the cold abateth, or the corn increaseth in sprouting, so to make couches or beds thinner and thinner, for the thicker and closer the Grain is coucht and laid together, the warmer it lyeth, and so catching heat, the sooner it sprouteth, and the thinner it lyeth, the cooler it is; and so much the slower in sprouting. This floore, if the Windows be close, and guard off the Sun sufficiently, will (if necessity compell) serve for the making of Malt ten months in the year, only in *July* and *August*, which contain the Dog-dayes, it would not be employed, nor in the time of any Frost, without great care and circumspection.

Again, there is in this floor another fault, which is a naturall casting out of dust, which much sullieth the Grain, and being dryed, makes it look dun and foule, which is much disparagement to the Malster; therefore she must have great care that when the Malt is taken away, to sweepe and keepe her floores as clean and neate as may be. The last and worst is the boarded floore, of what kind soever it be, by reason of the too much heat thereof, and yet of boarded floores the Oken boarded is the coolest and longest lasting; the Elme or Beech is next, then the Ashe, and the worst (though it be the fairest to the Eye) is the Firre, for it hath in it self (by reason of the Frankinsence and

Tur-

Turpentine which it holdeth) a naturall heat, which mixed with the violence of the Sunne in the Summer-time, forceth the grain not onely to sprout, but to grow in the couch, which is much losse and a lowle impuration. Now these boarded floors can hardly be in use for above five moneths at the most, that is to say, *October*, *November*, *December*, *January*, and *February*: for the rest, the Sun hath too much strength, and these boarded floors too much warmth; and therefore in the coolest times it is good to observe to make the couche thin whereby the ayr may passe thorough the corn, and to cool it, that it may sprout at leisure.

Now for any other floor besides these already ^{Imperfect} named there is not any good to malt upon; for the ^{Floores.} common floore which is of naturall earth, whether it be Clay, Sand or Oravell, if it have no mixture at all with it more then its own nature, by oft treading upon it, groweth to gather the nature of saltnesse or Salt-peter into it, which not onely giveth an ill taste to the grain that is laid upon the same, but also his moisture and mouldiness, which in the moist times of the year arise from the ground, it often corrupteth and putrefieth the corn, The rough paved floor by reason of the uneveness, is unfit to malt on, because the grain getting into the crannies, doth there lye, and is not removed or turned up and downe as should be with the hand, but many times is so fixed to the ground, it sprouteth and groweth up into a greene blade, affording much losse and hinderance to the owner.

The smooth paved floore, or any floore of stone whatsoever is full as ill; for every one of them naturally against much wet or change of weather, will

P 4

sweat

sweat and distill forth such abundant moisture; that the Malt lying upon the same, can neither dry kindly and expell the former moisture received in the cestern, but also by that over-much moisture many times roteth, and comes to be altogether uselesse. Lastly, for the flower made of lime and hair, it is as ill as any formerly spoken of, both in respect of the nature of the Lime, whose heat and sharpnesse is a main enemy to Malt, or any moist corn, as also in respect of the weaknesse and brittlenes of the substance thereof, being apt to molder and fall in pieces with the lightest treading on the same, and that lime and dust once mixing with the corn it doth so poyson and suffocate it, that it neither can sprout, nor turn serviceable for any use.

Of the Kilne
and the building thereof.

Next unto the Malt-flowers, our Maltster shall have a great care in the framing and fashioning of the Kilne, of which there are sundry sorts of modells, as the ancient forme which was in times past used of our forefathers, being only made in a square proportion at the top, with small splints or rafters, joynd within foure inches one of another, going from a maine beam, crossing the mid part of that great square: then is this great square from the top, with good and sufficient studs to be drawn slopewise narrower and narrower, till it come to the ground, so that the harth or lowest part thereof may not be above a sixth part to the great square above, on which the Malt is laid to be dried, and this Harth shall be made hollow and descending, and not leuell nor ascending: and these Kilnes doe not hold any certain quantity in the upper square, but may ever be according to the frame of the house, some being thirty foot each way, some 20. and some eighteen. There be other Kilnes which are made after this

this manner open and slope, but they are round of proportion; but both these kind of Kilnes have one fault, which is danger of fire; or lying every way open and apt for the blaze, if the *Maltster* be any thing negligent, either in the keeping of the blaze low and forward, or not sweeping every part about the harth any thing that may take fire. or fore-seeing that no straws which do belong to the bedding of the Kiln do hang down, or are loose, whereby the fire may take hold of them, it is very possible that the Kilne may be set on fire, to the great losse and often undoing of the owner.

Which to prevent, and that the Maltster may have better assurance and comfort in her labour, there is a Kilne, The perfect Kilne. which is called a *French Kilne*, being framed of a Brick, Ashler, or other fire-stone, according to the nature of the soyl in which *Husbands* and *Housewives* live: and this *French Kilne* is ever safe and secure from fire, and whether the *Maltster* wake or sleep, without extreame wilfull negligence, there can no danger come to the Kilne: and in these Kilnes may be burnt any kind of fewell whatsoever, and neither shall the smoke offend or breed ill taste in the *Malt*, nor yet discolour it, as many times it doth in open Kilnes, where the Malt is as it were covered all over, & even parboyled in smoke: so that of all sorts of Kilnes whatsoever, this which is called the *French Kilne*, is to be preferred and onely embraced. Of the forme or modell whereof, I will not here stand to treat, because they are now so generally frequent amongst us, that not a Mason or Carpenter in the whole Kingdom but can build the same; so that to use more words thereof were tediousnesse to little purpose. Now there is another kind of Kilne

Kiln which I have seen (and but in the west-country onely) which for the profitable quaintnesse thereof, I took some speciall note of, and that was a Kilne made at the end of a Kitchin Raunge or Chimney, being in shape round and made of Brick, with a little hollownesse narrowed by degrees, into which came from the bottome and midst of the Kitchin-chimney a hollow tunnell or vault, like the tunnell of a Chimny, and ranne directly on the back-side the hood, or back of the Kitchin-chimney; then in the midst of the chimney, where the greatest strength of the fire was made, was a square hole made of about a foot and a half every way, with an Iron thick plate to draw to and fro, opening and closing the whole at pleasure; and this hole doth open onely into that tunnell which went to the Kiln, so that the Malt being once laid, and spread upon the Kiln, draw away the Iron-plate, and the ordinary fire with which you dresse your meate, and perform other necessary busineses, is sucked up into this tunnell, and so convayeth the heat to the kiln, where it drieth the Malt with as great perfection, as any kiln I saw in my life, and needeth neither attendance or other ceremony more, then once in five or fixe houres to turn the Malt, and take it away when it is dried sufficiently: for it is here to be noted, that how great or violent soever the fire be, which is in the Chimney, yet by reason of the passage, and the quantity thereof it carrieth no more then a moderate heate to the kiln; and for the smoke, it is so carried away in other loop-holes which run from the hollownesse between the tunnell, and the Malt-bed, that no Malt in the world can possibly be sweeter or more delicately coloured: only the fault of these kilns are, that they

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are but little in compasse, and so cannot dry much at a time, as not above a quarter or ten strike at the most in one drying, and therefore are no more but for a mans own particular use, and for the furnishing of one settled Family; but so applied, they exceed all the kilnes that I have seen whatsoever.

When our Malster hath thus perfected the Malt-house and Kiln, then next look to the well bedding of the Kiln, which is diversly done according to mens divers opinions; for some use one thing, and some another, as the necessity of the place, or mens particular profits draw them.

Bedding of
the Kilne.

But first to shew you what the bedding of a Kiln is, you shall understand, that it is a thin covering laid upon the open rafters, which are next unto the heat of the fire, being made either so thin, or so open, that the smallest heat may passe thorow it, and come to the corn: this bed must be laid so even and levell as may be, and not thicker in one place then another, least the Malt dry too fast where it is thinnest, and too slowly where it is thick, and so in the taste seem to be of two severall dryings.

It must also be made of such stuffe, as having received heat, it will long continue the same, and be assistant to the fire in drying the corn: it should also have in it no moist or darkish property, lest at the first receiving of the fire it send out a stinking smoke, and so taint the Malt; nor should it be of any rough or sharp substance because upon this bed or bedding is laid the haire-cloth, and on the haire-cloth the Malt; so that with the turning the Malt, and treading upon the cloth, should the Bed be of any such roughnesse, it would loone weare out the haire-cloth, which would bee both

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losse and ill *House-wifery*, which is carefully to be eschewed.

But now for the matter or substance whereof this bedding should be made, the best, neatest, and sweetest, is clean long Rye straw, with the eares only cut off, and the ends laid even together, not one longer than another, and so spread upon the rafter of the Kilne as even and thinne as may be, and laid as it were straw by straw in a just proportion, where skill and industry may make it thin or thick at pleasure, as but the thickness of one straw, or of two, three, foure or five, as shall seem to your judgment most convenient, and then this, there can be nothing more even, more dry, sweet, or open to let in the heat at your pleasure: and although in the old open Kilnes it be subject to danger of fire, by reason of the quicknesse to receive the flame, yet in the *French Kilnes* (before mentioned) it is a most safe bedding, for not any fire can come neer unto it. There be others which bed the Kiln with Mat; and it is not much to be misliked, if the Mat be made of Rye straw sowed, and woven together according to the manner of the *Indian Mats*, or those usuall thin *Bent Mats*, which you shall commonly see in the Summer time, standing in *Husband-mens* Chimneyes, where one bent or straw is laid by another, and so woven together with a good strong pack-thread: but these *Mats* according to the old Proverb (*More cost more worship*) for they are chargeable to be bought, and very troublesome in the making, and in the wearing will not outlast one of the former loose beddings, for if one thread or stitch breake, immediatly most in that rowe will follow: onely it is most certaine, that during the

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time it lasteth it is both good, necessary and handsome. But if the *Mat* be made either of Bulrushes, Flags, or any other thick substance (as for the most part they are) then it is not so good a bedding, both because the thickness keepeth out the heat, and is long before it can be warmed; as also in that it ever being cold, naturally of it selfe draweth into it a certain moisture, which with the first heat being expelled in smoke, doth much offend and breed ill taste in the *Mali*. There be others that bed the Kiln with a kind of *matt* made of broad thin splints of good wrought *Checker*-wise one into another, and it hath the same faults which the thick *matt* hath; for it is long in catching the heat, and will ever smoke at the first warming, and that smoke will the *mali* smell on ever after; for the smoke of wood is ever more sharpe and piercing then any other smoke whatsoever.

Besides, this *Wooden matt*, after it hath once bedded the Kiln, it can hardly afterward be taken vp or removed; for by continuall heat, being brought to such an extreame drynesse, if upon any occasion either to mend the Kiln, or cleanse the Kiln, or do other necessary labour underneath the bedding, you shall rake up the *wooden mat*, it would presently crack, and fall to pieces, and be no more serviceable.

There be others which bed the Kiln with a bedding made all of *wickers*, of small wands toulded one into another like a hurdle, or such wandworke; but it is made very open, every wand at least two or three fingers one from another: and this kind of bedding is a very strong kind of bedding, and will last long, and catcheth the heat at the first springing, only the smoke is offensive, and the roughness without great care used, will

will soon wear out your hair cloth : yet in such places where straw is not to be got or spared, and that you are compelled only to use wood for your fewell in drying your Malt, I allow this bedding before any other, for it is very good, strong and long lasting : besides, it may be taken up and set by at pleasure, so that you may sweep and cleanse your Kilne as oft as occasion shall serve, and in the neat and fine keeping of the Kilne, doth consist much of the *House-wives* Art ; for to be choakt either with dust, dirt, soot or ashes, as it shews Rustinesse and storth, the only great imputations hanging over a *House-wife*, so likewise they hinder the labour, and make the malt dry a great deale worse, and more unkindly.

Of fewell for
the drying of
Malt.

Next the Bedding of the Kilne, our Malster by all means must have an especiall care with what fewell she dryeth the Malt; for commonly according to that it ever receiveth and keepeth the taste, if by some especiall Art in the Kiln that annoyance be not taken away. To speak then of fewells in generall, they are of divers kinds according to the natures of soyles, and the accomodation of places in which men live ; yet the best and most principal fewell for the Kilnes (both for sweetness, gentle heat, and perfect drying) is either good Wheat-straw, Rye-straw, Barley-straw, or Oaten-straw ; and of these the Wheat straw is the best, because it is most substantiall, longest lasting, makes the sharpest fire, and yeelds the least flame : the next is Rye straw, then Oaten straw, and last Barley straw, which by reason it is shortest, lightest, least lasting, and giveth more blaze then heat, it is last of these white straws to be chosen, and where any of these fail or are scarce, you may take the stubble or after crop

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of them, when the upper part is shorn away ; which being well dried and housed, is as good as any of the rest already spoken of, and lesse chargable, because it is not fit for any better purpose as to make fodder, meaneure, or such like, of more then ordinary thatching, and so fittest for this purpose. Next to these white straws, your long Fen Rushes, being very exceedingly well withered and dried, and all the sappy moysture gotten out of them, and so either safely houled or stacked, are the best fewell : for they make a verp substantiall fire and much lasting, neither are apt to much blazing, nor the smoke so sharp or violent but may very well be endured : where all these are wanting, you may take the Straw of Pease, Fitches, Lupins, or Tares, any of which will serve, yet the smoke is apt to taint, and the fire without prevention dryeth too suddenly and swiftly. Next to these is clean Bean straw, or straw mixt of Beanes and Pease together ; but this must be handled with great discretion, for the substance containeth so much heat, that it wil rather burn then dry, if it be not moderated, and the smoke is also much offensive. Next to this Bean straw is your Furs, Gorse, Whins, or small Brush-wood, which differeth not much from Bean straw, onely the smoke is much sharper, and tainteth the Malt with a much stronger favour. To these I may adde Braken or Braks, Bing Heath, or Brome, all which may serve in time of necessity, but each one of them have this fault, that they adde to the Malt an ill taste or favour. After these I place wood of all sorts, for each is alike noysome, and the smoke which commeth from it toucheth the Malt, the infection cannot be removed, from whence amongst the best *Husbands* hath sprung this Opinion that

that when at any time drinke is ill misted, they say straight, it was made of Wood-dryed malt. And thus you see the generality of fuels, their vertues, faults, and how they are to be employed. Now for Coale of all kindes, Turfe, or Peate, they are not by any meanes to be used under Kilnes, except where the turnaces are so subtilly made, that the smoak is conveyed a quite contrary way, and never commeth neere the malt; in that case it skilleth not what fuell you use, so it be durable and cheep it is fit for the purpose, onely great regard must be had to the gentleness of the fire; for as the old Proverb is (Soft fire makes sweet Malt) so too rash and hasty a fire scorcheth and burneth it, which is called amongst Malsters Fire-sangd; and such Malt is good for little or no purpose: therefore to keep a temperate and true fire, is the only Art of a most skillfull Malster.

When the Kiln is thus made and furnished of all necessities duely belonging to the same, your Malsters next care shall be to the fashioning and making of the Garners, Hatches, or Holds in which both the malt after it is dried, and the Barly before it be steeped, is to be kept and preserved; and these Garners or Safes for Corne are made of diverse fashions, and diverse matters, as some of Boords, some of Bricks, some of Stone, some of Lime and Haire, and some of Mud, Clay, or Loame: but all of these have their severall faults; for wood of all kindes breedeth Weevell and Wormes which destroy the Graine; and is indeed much too hot: for although malt would ever be kept passing drie, yet never so little over-plus of heat withereth it, and takes away the vertue; for as moisture rots and corrupts it, so heat takes away and decayeth

decayeth the substance. Brick, because it is laid with Lime, is altogether unwholesome; for the Lime being apt at change of weather to sweate, moistneth the grain, and so rainteth it; and in the dryest Seasons with the sharp hot taste, doth fully as much offend it: those which are made of Stone are much more noysome, both in respect of the reasons before rehearsed, as also in that all Stone of it selfe will sweate, and so more and more corrupteth the grain which is harboured in it. Lime and haire being of the same nature, carrieth the same offences, and is in the like sort to be chewed. Now for mud, clay, or loame, in as much as they must necessarily be mixt with wood, because otherwise of themselves, they cannot knit or bind together, and besides, that the clay or loame must be mixt either with chopt hay, chopt straw, or chopt Litter, they are as great breeders of Wormes and vermine as wood is, nor are they defences against Mice, but easie to be wrought through, and so very unprofitable for any Husband or Houwife to use. Besides, they are much too hot, and being either in a close house, neere the Kilne, or the backe or face of any other Chimney, they dry the Corn too sore, and make it dwindle and wither, so that it neither filleth the bushel nor enricheth the liquor, but turnes to losse every way. The best Garner then that can be made both for safety and profit, is to be made either of broken tile-thread, or broken bricke, cunningly and even laid & bound together with Plaster of Paris, or our ordinary English Plaster, or burnt Alabaster, and then covered all over both within and without, in the bottome and on every side, at least three fingers thick with the same Plaster, so as no bricke or tyle-thread may by

any means be seen, or come neer to touch the Corne, and these Garners you may make as big, or as little as you please, according to the frame of your house, or places of most convenience for the purpose, *which indeed would ever be as neer the Kilne as may be, that the ayre of the fire in the dayes of drying, may come unto the same, or else neer the backs or sides of Chimnies, where the ayre thereof may correct the extreame coldnesse of the plaster, which of all things that are bred in the earth, is the coldest thing that may be, and yet most dry, and not apt to sweat, or take moysture, but by some violent extremity; neither will any worme, or vermine come neer it, because the great coldnesse thereof is a mortall enemy to their natures, and so the safest and longest these Garners of plasters keep all kind of Graine, and Pulse in the best perfection.*

The making
of Cesternes.

After these Garners, Hutches, or large Keepes for Corn are perfitted and made, and fitly adjoynd to the Kilne, the next thing that our Maultster hath to look unto, is the framing of the Fatts or Cesternes, in which the Corn is to be steeped, and they are of two sorts; *that is,* either of Coopers work, being great Fatts of Wood, or else of Masons work, being Cesternes made of stone; but the Cestern of stone is much the better; for besides that these great Fatts of Wood are very chargeable and costly (as a Fatt to contain four quarters of Grain, which is but two and thirty bushels, cannot be afforded under twenty shillings) so likewise they are very casuall and apt to mischance and spilling; for, and besides their ordinary wearing, if in the heat of Summer they be never

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so little neglected without water, and suffered to be over-drye, it is tenne to one but in the Winter they will be ready to fall in peeces; and if they bee kept moyst, yet if the water be not oft shifted and preserved sweet, the Fatt will soone taint, and being once growne faulty, it is not onely irrecoverable, but also whatsoever cometh to be steeped in it after will be sure to have the same savour, besides the wearing and breaking of Garthes and Plugges the binding clesing, sweetning, and a whole world of other troubles and charges doth so dayly attend them, that the benefit is a great deale short of the incumbrance; whereas the Stone Cestern is ever ready and usefull, without any vexation at all, and being once well and sufficiently made, will not need trouble or reparation (more then ordinary washing) scarce in a hundred yeares.

Now the best way of making these Malt-cesternes, is to make the bottoms and sides of good tyle-threads fixed together with the best Lime and Sand, and the bottome shall be raised at least a foot and a half higher then the ground, and at one corner in the bottome a fine artificiaall round hole must be made, which being outwardly stoppt, the maltster may through it drain the Cistern dry when she pleaseth, and the bottome must be so artificiaally leveld and contrived, that the water may have a true discent to that hole, and not any remain behind when it is opened.

Now when the modell is thus made of tile-thread, which you may do greater little at your pleasure: then with Lime, Hair, and Beasts-blood mixed together, you shall cover the bottome at least two inches thick laying it level and plaine, as is before shewed: which

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done,

done you shall also cover all the sides and toppe, both within and without, with the same matter, at least a good fingers thickeesse, and the main Wall of the whole cistern shall be a full foot in thickeesse, as well for strength and dureablenesse, as other private reasons for the holding the grain and water, whose poysie and weight might otherwise in danger a weaker substance. And thus much concerning the Malt-house, and those severall accommodations which do belong unto the same.

The manner
how to make
Malt.

I will now speake a little in generall as touching the Art skill and knowledge of Malt making, which I have referred to the conclusion of this chapter, because whosoever is ignorant in any of the things before spoken of, cannot by any means ever attain to the perfection of most true any most thrifty malt making. To beginne then with the Art of making, or (as some tearme it melting of malt, you shall first (having proportioned the quantity you mean to steepe, which should ever be answerable to the continent of your Cistern, and your Cistern to your flowers) let it either runne downe from your upper Garner into the Cistern, or otherwise be carryed into your Cistern, as you shall please, or your occasions desire, and this Barley would by all means be very Cleane, and neatly drest; then when your Cistern is filled, you shall from your Pump or Well, convey the water into the cistern, till all the corn be drencht, and that the water float above it: if there be any corn that will not sinke, you shall with your hand stirre it about, and wet it, and so let it rest and cover the cistern; and thus for the space of three nights you shall let the Corne steepe in the water. After the there night is expired,

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the next morning you shall come to the Cestern, and pluck out the plug or bung-stick, which stoppeth the hole in the bottome of the Cesterne, and so draine the water cleane from the Corne, and this water you shall by all meanes save, for much light Corne and others will come forth with this drain-water, which is very good Swines meat, and may not be lost by any good House-wife. Then having drained it, you shall let the Cestern drop all that day, and in the evening with your shovell you shall empty the Corn from the Cestern unto the Malt-flowre, and when all is out, and the Cestern cleansed, you shall lay all the wet corn on a great heap round or long, and flat on the top; and the thickeesse of this heap shall be answerable to the season of the year; for if the weather be extreame cold, then the heap shall be made very thicke, as three or four foot, or more, according to the quantity of the grain; but if the weather be temperate and warme, then shall the heap be made thinner, as two foot, a foot and a half, or one foot, according to the quantity of the grain. And this heap is called of Malsters a Couch or Bed of raw Malt.

In this couch you shall let the corn lye three nights more without stirring, and after the expiration of the three nights, you shall look upon it, and if you find that it beginneth but to sprout (which is called comming of Malt) though it be never so little, as but the very white end of the sprout peeping out (so it be in the outward part of the heape or couch) you shall then break open the couch, and in the middest where the Corn lay neerest) you shall finde the sprout or Corn of a greater largenesse; then with your shovell you shall turne all the outward part of the couch in-

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The drying of
Malt.

ward, and the inward outward, & make it at least three or four times as big as it was at the first, and so let it be all that day and night, and the next day you shall with your shovell turn the whole heap over againe, increasing the largeness and making it of one indifferent thickness over all the floore, that is to say, not above a handfull thick at the most, not failing after for the space of fourteen dayes, which doth make up full in all three weekes, to turn it all over twice or thrice a day according to the season of the weather, for if it be warm, the Malt must be turned oftner; if cool, then it may lie looser, thicker, and longer together, and when the three weeks is fully accomplished, then you shall (having bedded your Kilne, and spread a cleane hair-cloath thereon) lay the Malt as thinne as may be (as about three fingers thickness) upon the hair-cloath, and so dry it with a gentle and soft fire, ever and anon turning the Malt (as it drieth on the Kilne) over and over with your hand, till you find it sufficiently well dried, which you shall know both by the taste when you bite it in your mouth, and also by the falling off the Come or sprout, when it is thoroughly dried. Now as soon as you see the Come beginne to shed, you shall in the turning of the Malt rubbe it well between your hands, and scowr it to make the Come fall away, then finding it all sufficiently dried, first put out your fire then let the Malt cool upon the Kiln for four or five hours, and after raising up the four corners of the hair cloath, and gathering the Malt together on a heape, empty it with the Come and all into your garner, and there let it lye (if you have not present occasion to use it) for a moneth or two or three to ripen, but no longer, for as the
come

come or dust of the Kila, for such a space melloweth and ripeneth the Malt making it better both for sale or expence, so to lye too long in it doth ingender Weevell, Wormes, and Vermine which doe destroy the grain.

Now for the dressing and cleansing of Malt at such time as it is either to be spent in the house, or sold in the Market; you shall first winnow it with a good *wind* either from the Ayr, or from the Fan; and before the winnowing, you shall rub it exceeding well between your hands, to get the *come* or *sproutings* cleane away: for the beauty and goodnesse of *malt* is when it is most smug, cleane, bright, and likest to Barley in the view, for then there is least wast and greatest profit: for *come* and *dust* drinketh up the liquor, and gives an ill taste to the drink. After it is well rub'd and winnowed; you shall then ree it over in a fine Sive, and if any of the *malt* be uncleansed, then rub it again into the Sive till it be pure, and the rubbings will arise on the top of the Sive, which you may cast off at pleasure, & both those rubbings from the Sive, and the chaff, and dust which commeth from the winnowings should be safe kept; for they are very good Swines meate, and feed well, mixt either with Whey or Swillings; and thus after the *malt* is reed, you shall either sack it up for especial use or put it into a well cleansed Garner, where it may lye till there be occasion for expence.

Now there be certain observations in the making of *malt*, which I may by no meanes omit: for though divers opinions do diversly argue them, yet as neere as I can, I will reconcile them to that truth, which is most consonant to reason, and the rule of honesty and equality.

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First, there is a difference in mens opinions as touching the constant time for the mellowing and making of the Malt; that is, from the first steeping untill the time of drying; for some will allow both Bar and Flowre hardly a fortnight, some a fortnight and two or three dayes, and do give this reason.

First, they say, it makes the Corn look wither and brighter, and doth not get so much the fulling and foulness of the flowre, as that which lyeth three weeks, which makes it a great deale more beautifull, and so more saleable: Next, it doth not come or shoot out so much sprouts, as that which lieth a longer time, and so preserveth more heart in the grain, makes it bold and fuller, and so consequently more full of substance, and able to make more of a little, than the other much more.

These reasons are good in shew, but not in substantiall truth: for (although I confesse that corne which lyeth least time of the flowre must be the whitest and brightest) yet that which wanteth any of the due time, can neither ripen, mellow, nor come to true perfection, and lesse then three weeks cannot ripen Barley: for look what time it hath to swell and sprout, it must have full that time to flourish, and as much time to decay: now in lesse then a week it cannot do the first, and so in a week the second, and in another week the third; so that in lesse then three weeks a man cannot make perfect Malt. Again, I confesse, that Malt which hath the least come, must have the greatest Kernell, and so be most substantiall; yet the Malt which putteth not out his full sprout, but hath that moisture (with too much heat) driven in which should be expelled, can never be Malt of any long lasting, or profitable for indurance, because it hath so much moist substance as doth make it both

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apt to corrupt and breed worms in most great abundance: It is most true, that this hasty made Malt is fairest to the eye, and will soonest be vented in the Market; and being spent as soon as it is bought, little or no losse is to be perceived, yet if it be kept three or four moneths or longer (unlesse the place where it is kept, be like a hot House) it will so dank and give again, that it will be little better then raw Malt, and so good for no service without a second drying.

Besides, Malt that is not suffered to sprout to the full kindly, but is stopt as soon as it begins to peepe, much of that Malt cannot come at all, for the moistest grains do sprout first, and the hardest are longer in breaking the husk; now, if you stop the grain on the first sprouts, and not give all leisure to come on, after another, you shall have half Malt, and half Barley, and that is good for nothing but Hens and Hogs trough. So that to conclude, lesse then three weeks you cannot have to make good and perfect Malt.

Next, there is a difference in the turning of the Malt, for some (and those be the most Men-maltsters whatsoever, turn all their Malt with the shovel, and say it is more easie, more speedy, and dispatcheth more in an hour, then any other way doth in three; and it is very true, yet it scattereth much, leaveth much behind unturnd, and commonly that which was undermost, it leaveth undermost still, and so by some comming too much, and others not comming at all, the Malt is oft much imperfect, and the old saying made good, that too much heat maketh wast. Now, there are others (and they are for the most part women Maltsters) which turn all with the hand, and that is the best, safest, and most certaine way; for there is not a graine which the hand

hand doth not remove, and turn over and over, and layes every severall heape or row of such an even and just thickness, that the Malt both equally commeth, & equally seasoneth together without defect or alteration: and though he that hath much Malt to make, will be willing to harken to the swiftest course in making yet he that wil make the best Malt, must take such convenient leisure, and employ that labor which commeth neereſt to perfection.

Then there is another especiall care to be had in the coming or sprouting of *malt*, which is, that as it must not come too little, so it must not by any means come too much, for that is the grosseſt abuse that may be: and that which we call comed or sprouted too much, is, when either by negligence, for want of looking to the couch, and not opening of it, or for want of turning when the *malt* is spread on the floor, it come or sprout at both ends, which *Husbands* call *Akerspiers*; such corn by reason the whole heart or substance is driven out of it, can be good for no purpose but the Swine-trough, and therefore you must have an especial care both to the well tending of the couch, and the turning the *Malt* on the floore, and be sure (as neere as you can by the ordering of the couch, and happing the hardest grain inward and warmest (to make it all Come very indifferently together. Now, if it so fall out, that you buy your Barley, and happen to light on mixt grain, some being old Corn, some new Corn, some of the hart of the stack, and some of the staddle, which in an ordinary deceit with *Husband-men* in the market, then you may be well assured, that this grain can never Come or sprout equally together, for the new Come will sprout before the old, and the staddle before that

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in the heart of the stack by reason the one exceedeth the other in moistnes: therefore in this case you shall marke wel which commeth first, which will be still in the heart of the Couch, and with your hand gather it by it self into a separte place, and then heape the other together again; and thus as it commeth and sprouteth so gather it from the heap with your hand, and spread it on the floor and keep the other still in a thick heap till all be sprouted. Now lastly observe, that if your Malt be hard to sprout or Come, and that the fault consist more in the bitter coldnes of the season, than any defect of the corn, that then (besides the thick or close making of the heap or couch) you faile not to cover it over with some thick woollen cloathes, as course Coverlids, or such like (stuffe, the warmth whereof will make it come presently: which once perceived, then forthwith uncloth it, and order it as aforeſaid in all points. And thus much for the Art, order, skill, and cunning, belonging to the Malt-making.

Now as touching the making of Oates into Malt, Of Oates
Malt. which is a thing of generall use in many parts of this Kingdome where Barley is scarce, as in *Cheshire*, *Lancashire*, much of *Darbyshire*, *Devonshire*, *Cornwall* and the like, the heart and skill is all one with that of Barley, nor is there any variation or change of work, but one the same order still to be observed, onely by reason that Oates are more swift in sprouting, and apt to clutter, ball and hang together by the length of the sprout then Barley is, therefore you must not fail but turn them oftner then Barley, and in the turning be carefull to turn all, and not leave any unmoved. Lastly, they will need less of the floor than Barley wil for in a full fortnight, or a fortnight and two or three

three days you may make very good and perfect Oat-malt. But because I have a great deale more to speake particularly of Oates in the next Chapter, I will here conclude this, and advise every skillfull House-wife to joyn with mine observations, her owne tryed experience, and no doubt but she shall find both profit and satisfaction.

CHAP. 6.

Of the excellency of Oates, and the many singular vertues and use of them in a Family.

Oats although they are of all manner of grain the cheapest, because of their generality being a grain of that goodnes and hardnes, that it will grow in any soyl whatsoever, be it never so rich, or never so poor, as if Nature had made it the only loving companion and true friend to mankind; yet it is a grain of that singularity for the multiplicity of vertues, and necessary uses for the sustenance and support of the Family; that not any other grain is to be compared with it, for if any other have equall vertue, yet it hath not equall value, and if equal value, then it wants many degrees of equall vertue; so that joyning vertue and value together, no Husband, House-wife, or House-keeper whatsoever, hath so true and worthy a friend, as his Oates are.

To speak then first of the vertues of Oates, as they accrew to cattel and creatures without door, and first to begin with the Horse, there is not any food whatsoever that is so good, wholesome, and agreeable with the nature of a Horse, as Oates are, being a Provender in which hee taketh such delight, that with it hee feedeth

The vertue
of Oates to
cattell.

feedeth, travelleth, and doth any violent labour whatsoever with more courage and comfort, then with any other food that can be invented, as all men know, that have either use of it, or Horses: neither doth the horseever take surfeit of Oats, if they be sweet & dry) for all be, he may well be glutted or stalled upon them (with indiscreet feeding) and so refuse them for a little time, yet he never surfeiteth, or any present sickness follow after; whereas no other grain but glut a Horse therewith, and instantly sickness follow which shewes surfeit, and the danger is oft incurable: for we read in Italy, at the siege of Naples, of many hundred Horses that died on the surfeit of wheat; at Rome also died many hundred horses of the plague, which by due proof was found to proceed from a surfeit taken of peason and fitches; and so I could run over all other graines, but it is needlesse, and farre from the purpose I have to handle: suffice it, Oats for Horses are the best of all foods whatsoever, whether they be but onely clean threshed from the straw, and so dried, or converted to Oat-meal; and so ground and made into bread, Oats boild and given to a Horse whilst they are cool and sweet are an excellent food for any horse in the time of disease, poverty, or sickness for they scowre and fat exceedingly.

In the same nature that Oates are for Horses, so are they for the Ass, Mule, Camell, or any other Beast of burthen.

If you will feed either Oxe Bull Cow or any Neat, whatsoever to an extraordinary height of fatnesse, there is no food doth it so soone as Oates doth, whether you give them in the straw, or clean thashed from the sheaf, and well winnowed; but the winnowed Oate

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is the beſt, for by them I have ſeen an Oxe fed to twenty pound, to twenty foure pound, and thirty pounds, which is a moſt unreaſonable reckoning for any beaſt; onely ſame and the tallow hath been precious.

Sheepe or Goats may likewise be fed with Oats, to as great price and profit as with Peaſe, and Swine are fed with Oats, either in raw Milt or otherwiſe, to as great thickneſſe as with any graine whatſoever; onely they muſt have a few Peaſe after the Oats to harden the fat or elſe it will waſt, and conſume in boyling. Now for holding Swine, which are onely to be preſerved in good fleſh, nothing is better then a thin mange made of ground Oats, Whey, Butter-milke, or other ordinary waſh, or ſwillings, which either the Dairy or Kitchin affordeth; nor is there any more ſoveraigne or excellent meat for Swine in the time of ſickeſſe, then a mange made of ground Oats and ſweet Whey, warmed juſt warm on the fire, and mixt with the powder of Raddle or red Oaker. Nay if you will goe to the matter of pleaſure, there is not any meat ſo excellent for the feeding, and wholeſome keeping of a Kennell of hounds, as the Mange made of ground oats and ſcalding water, or of beefe-broth, or any other broth, in which fleſh hath bene ſodden, if it be for the feeding, ſtrengthening and comorting of Grey-hounds, Spaniels, or any other ſort of tenderer Doggs; there is no meat better then ſheeps-heads, haire and all, or other, intralls of Sheepe chopt and well ſodden with good ſtore of Oat-meale.

Now for all manner of Poultry, as Cocks, Capons Hens, Chickens of great ſize, Turkeys Geefe, Ducks, Swannes and ſuch like, there is no food feedeth them better then Oats, and if it be the young breed of any

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of thoſe kinds, even from the firſt hatching or diſcloſing, till they be able to ſhift for themſelves; there is no food better whatſoever then Oat-meal Groats, or fine Oat-meale, either ſimple of it ſelfe, or elſe mixt with milk, drink, or elſe new made Urine.

Thus much touching the vertues and quality of Oates or Oat-meale, as they are ſerviceable for the uſe of Cattell and Poultry. Now for the moſt neceſſary uſe thereof for man, and the generall ſupport of the family, there is no grain in our knowledge anſwerable unto it.

Vertue of oats
for man.

Fiſt, for the ſimple Oat it ſelf (excepting ſome particular phyſick helps as frying them with ſweet butter, and putting them in a bag, and very hot applyed to the belly, or ſtomack, to avoid collick or windineſſe, and ſuch like experiments) the moſt eſpeciall uſe which is made of them, is for Malt to make Beer or Ale of, which it doth exceeding well, and maintaineth many Towns and Countries; but the Oat-meale which is drawn from them, being the heart and kernel of the Oat, is a thing of much rarer price and eſtimation; for to ſpeak truth, it is like Salt of ſuch a general uſe, that without it hardly can any Family be maintained: therefore, I think it not much amiſſe to ſpeak a word or two touching the making of Oat-meale, you ſhall underſtand then, that to make good and perfect Oat-meale, you ſhall firſt dry your Oates exceeding well; and then put them on the Mill, which may either be Water-mill, Wind-mill, or Horſe-mill, (but the horſe-mil is beſt) and no more but cruſh or hull them; that is, to carry the ſtones ſo large, that they may no more but cruſh the huſke from the Kernell: then you ſhall winnow the hulls from the Kernells either with the wind or a Fan, and finding them of an indifferent cleannesse

Making of
Oat-meale.

cleannesse (for it is impossible to hull them all clean at the first) you shall then put them on again, and making the Mill go a little closer, run them through the Mill again, and then winnow them over againe, and such Greets or Kernels as are clean huld, and well cut, you may lay by, and the rest you shall run through the mill again the third time, and so winnow them againe, in which time all will be perfit, and the Greets or full Kernels will separate from the smaller Oat-meale; for you shall understand, that at this first making of Oat-meale, you shall ever have two sorts of Oat-meales; that is, the full whole Greet or Kernel, and the small dust Oat-meale: As for the course Hulls or Chaffe that commeth from them, that also is worthy saving; for it is an excellent good Horse provender, for any plow or labouring Horses, being mixt with either Beans, Pease, or any other Pulse whatsoever.

The vertues
of Oat-meal.

Now for the use and vertues of these severall kinds of Oat-meales in maintaining the Family, they are so many (according to the many customes of many Nations) that is almost impossible to reckon all; yet (as neere as I can) I will impart my knowledge, and what I have tane from relation.

First, for the small Dust, or meale Oat-meal, it is that with which all pottage is made and thickned, whether they be Meat-pottage, Milk-pottage, or any thick, or else thin Grewell whatsoever; of whose goodnesse and wholesomenesse it is needlesse to speake, in that it is frequent with every experience: Also, with this small meale Oat-meale is made in divers Countries sixe severall kindes of very good and wholesome bread, every one finer then other, as your Anacks, Ianacks, and such like. Also, there

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is made of it, both thick, and thin Oaten cakes, which are very pleasant in tast, and much esteemed: but if it be mixed with fine wheate meale, then it maketh a most delicate and dainty Oate-cake, either thicke or thin, such as no Prince in the world but may have them served to his table; also this smal oat-meale mixed with blood, and the Liver of either Sheepe, Calf, or Swine maketh that pudding which is called the Haggas or Haggus, of whose goodnesse it is in vaine to boast, because there is hardly to be found a man that doth not affect them. And lastly, from this small oat-meale by oft steeping it in water and cleansing it; and then boiling it to a thick and stiffe jelly, is made that excellent dish of meat which is so esteemed of in the west parts of this Kingdome, which they call *Wash-brew*, and in *Cheshire*, and *Lancashire* they call it *Flannery*, or *Flumery*, the wholesomnesse and rare goodnesse, nay, the very Physicke helps thereof, being such and so many that I my selfe have heard a very reverend and worthily renowned Phisitian speak more in the commendations of that meete, then of any other foode whatsoever: and certaine it is that you shal not heare of any that ever did surfeite of this *Wash-brew* or *Flannery*; and yet I have seene them of very dainety and sickely stomackes which have eaten great quantities thereof beyond the proportion of ordinary meates. Now for the manner of eating this meate, it is of diverse diversly used; for some eate it with hony, which is reputed the best sauce; some with Wine, either Sacke, Claret or White; some with strong Beere, or strong Ale, and some with milke, as your ability, or the accommodations of the place will administer. Now there is derived from this *Wash-brew* another courser meate,

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which

which is as it were the dregges, or grosser substance of the Wash-brew, which is called Gird-brew, which is a well filling and sufficient meate, fit for servants and men of labour; of the commendations whereof, I will not much stand, in that it is a meate of harder digestion; and fit indeed but for strong able stomachs, and such whole toyl and much sweat both liberally spendeth evil humors, and also preserveth men from the offence of fulnesse and surteits.

Now for the bigger kind of Oat-meale, which is called Greets, or Corn Oat-meale, it is of no lesse use then the former, nor are there fewer meats compounded thereof: for first, of these Greets are made all sorts of puddings, or pots (as the West-Country terms them) whether they be black, as those which are made of the blood of Beasts, Swine, Sheep, Geese, Red or Fallow Deere, or the like, mixt with whole Greets, Suet, and wholesome hearbs, or else white, as when the Greets are mixt with good Cream, Egges, Bread-crumbs, Suet, Currants, and other wholesome Spices. Also of these Greets are made the good Fry-day pudding, which is mixt with Eggs, Milk, Suet, pennyroyal, and boyl'd first in a linnen bag, and then stript and buttered with sweet butter. Again, if you roast a Goose, and stop her belly with whole grits beaten together with Eggs, and after mixt with the gravy, there cannot be a more better or pleasanter sawce: nay, if a man be at Sea in any long travel, he cannot eat a more wholesome and pleasant meate then these whole Grits boyl'd in water til they burst, and then mixt with butter, and so eaten with spoons, which although Sea-men call simply by the name of Loblolly, yet there is not any meate how significant soever the name be, that

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is more toothsome or wholesome. And to conclude, there is no way or purpose whatsoever to which a man can use or imploy Rice; but with the same seasoning and order you may imploy the whole greets of Oat-meale, and have full as good and wholesome meate, and as well tasted, so that I may well knit up this chapter with this approbation of Oat meal, that the little charge and great benefit considered, it is the very Crowne of the *Housewives* garland, and doth more grace her table and her knowledge, then all graines whatsoever; neither indeed can any Family or Household be well and thriftily maintained where this is either scant or wanting. And thus much touching the nature, worth, vertues, and great necessity of Oates and Oat-meale.

CHAP. 8.

Of the Office of the Brew-house, and the Bake-house, and the necessary things belonging to the same.



When our *English House-wife* knows how to preserve health by wholesome Physicks, to nourish by good meate, and to cloath the body with warm garments, she must not then by any meanes be ignorant in the provision of Bread and Drinke; she must know both the proportions and compositions of the same. And for as much as drinke is in every house more generally spent then bread, being indeede (but how well I know not) made the very substance of all entertainment; I will first beginne with it, and therefore you shal know that generally our Kingdome hath but two kinds of drinke, that is to say, Beer and

Drinke of
Drinke.

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Ale,

Ale, but particularly foure, as Beere, Ale, Perry and Cider, and to these we may adde two more, Meed and Metheglin, two compound drinkes of hony and hearbs which in the places where they are made, as in *Wales* and the marches, are reckoned for exceeding wholesome and cordiall.

Strong cecere.

To speake then of Beere, although there be divers kinds of tastes and strength thereof, according to the allowance of *Malt*, *Hoppes*, and age given unto the same, yet indeed there can be truly sayd to be but two kinds thereof; namely, ordinary Beere, and march Beere, all other Beeres being derived from them.

Of ordinary Beere.

Touching ordniary beere, which is that wherewith either Nobleman, Gentleman, Yeoman, or Husbandman shall maintaine his family the whole yeere, it is meet first that our *English housewife* respect the proportion or allowance of Mault due to the same, which amongst the best *Husbands* is thought most convenient and it is held, that to draw from one quarter of good Malt three Hogheads of beer, is the best ordinary proportion that can be allowed; and having age and good caske to ly, in it wil be strong enough for any good mans drinking.

Of brewing ordinary beer.

New for the Brewing of ordinary Beere, your Malt being well ground and put in your Mash-fat, and your liquor in your lead ready to boyle, you shall then by little and little with scoopes or pailles put the boyling liquor to the Malt, and then stirre it even to the bottome exceedingly well together (which is called the mashing of the Malt) then the liquor swimming in the top cover al over with more Malt; and so let it stand an houre and more in the mash fat, during which space you may if you please heate, more liquor

in your lead for your second or small drink, this done, pluck up your mashing stroam, and let the first liquor run gently from the *Malt*, either in a clean trough, or other vessels prepared for the purpose, and then stopping the Mash-fat again, put the second liquor to the malt, and stir it well together; then your Lead being emptied, put your first liquor or wort therein, and then to every quarter of Malt, put a pound and a halfe of the best Hops you can get; and boile them an houre together, till taking up a dithfull thereof, you see the hops shrink into the bottome of the dith; this done, put the wort thorow a strait Sive which may draine the hops from it into your cooler, which standing over the Guil-fat, you shall in the bottome thereof set a great bowl with your barm, & some of the first wort (before the *Hops* come into it mixt together) that it may rise therein, and then let your wort drop or run gently into the dith with the barm which stands in the Guil-fat, and this you shall doe the first day of your brewing, letting your cooler drop all the night following, & some part of the next morning, and as it drops if you find that a black skum or mother riseth upon the barm, you shal with your hand take it off, and cast it away, then nothing being left in the cooler, and the Beer well risen, with your hand stir it about, & so let it stand an hour after, and then beating it and the barm exceeding well together, run it up into the Hog-heads, being clean wash'd and scalded, and so let it purge; and herein you shal observe not to run your vessels to full; for fear thereby it purge to much of the barm away: when it hath purged a day and a night, you shall close up the bung-holes with clay, & only for a day or two after keep a vent-hole in it, and after close it up as last

29 may be. Now for your second or final drink which are left upon the grain, you shall suffer it there to stay but an hour, or a little better, and then drain it all off also, which done, put it into the Lead with the former Hops, and boyl the other also, then cleer it from the Hops, and cover it very close, til your first Beer be runned and then as before, put it also to Barm, and so run it up also in smaller vessels, and of this second beer you shall not draw above one Hoghead to three of the better. Now there be divers other waies and observations, for the brewing of ordinary beer, but none so good, so easie, so ready and quickly performed, as this before shewed; neither will any Beer last longer, or ripen sooner, for it may be drunk at a fortnights age, and will last as long and lively.

Of brewing
the best march
beer.

Now for the brewing of the best March-Beere, you shall allow to a Hoghead thereof, a quarter of the best Malt wel ground; then you shall take a Peck of Pease, half a peck of Wheat, and half a peck of Oats, and grind them all very well together, and then mixe them with your Malt; which done, you shall in all points brew this beer as you did the former ordinary Beere; only you shall allow a pound and a half of Hops to this one Hoghead: and whereas before you drew but two sorts of Beer: so now you shall draw three; that is, a Hoghead of the best and a Hoghead of the second, and half a Hoghead of small beer, without any augmentation of Hops or Malt.

This March beer would be brewed in the moneths of *March* or *Aprill*, and (should if it have right) have a whole yeer to ripen in: it will last two, three, and four yeeres if it lie coole and close, and endure the drawing to the last drop, though with never so much leisure.

Now

Now for the brewing of strong Ale, because it is drink of no such long lasting as beer is, therefore you shall brew lesse quantity at a time thereof, as two bushels of Northern measure (which is four bushels, or half a quarter in the South) at a brewing, and not above, which will make fourteen gallons of the best Ale. Now for the mashing and ordering of it in the mash-fat, it will not differ any thing from that of Beer, as for Hops, although some use not to put in any, yet the best Brewers thereof will allow to fourteen gallons of Ale a good espen full of hops, and no more, yet before you put in your Hops, as soon as you take it from the graines, you shall put it into a vessell, and change it, or blink it in this manner: put into the wort a handfull of Oke bowes, and a pewter-dish, and let them lie therein, till the wort look a little paler than it did at the first, and then presently take out the dish and the leafe, and then boile it a full hour with the Hops, as aforesaid, and then cleanse it, and set it in vessels to coole; when it is milk-warm, having set your Barm to rise with some sweet wort: then put all into the Guilefat, and as soon as it riseth, with a dish or bowle beat it in, and so keep it with continuall beating a day and a night at least, & after run it. From this Ale you may also draw half so much very good midle Ale, and a third part very good small Ale.

Touching the brewing of Bottle ale, it differeth nothing at all from the brewing of strong Ale, onely it must be drawn in a larger proportion, as at least twenty gallons of half a quarter; and when it comes to be changed, you shall blink it (as was before shewed) more by much then was the strong Ale, for it must be pretty and sharp, which giveth the life and quicknesse.

Brewing of
bottle Ale.

nesse to the Ale: and when you tun it, you shall put it into round bottles with narrow mouths and then stopping them close with cork, set them in a cold Cellar up to the waist in land, and be sure that the cokes be fast tyed in with strong pack-thread, for fear of rising out, or taking vent, which is the utter spoyl of the Ale.

Now for the final drink arising from this Bottle-ale or any other Beer or Ale whatsoever, if you keepe it after it is blinck'd and boyled in a close vessel, and then put it to barm every morning as you have occasion to use it, the drink will drink a great deal the fresher, and be much more lively in taste.

As for the making of Perry and Cider, which are *Of making Perry or Cider.* drink much used in the West parts, and other Countreys well stored with fruit in this Kingdom; you shall know that your Perry is made of Pears only, and your Cider of Apples; and for the manner of making thereof, it is done after one fashion, that is to say, after your Pears and Apples are well pick'd from the stalks, rottenesse, and all manner of other filth, you shall put them in the Presse-mill, which is made with a Mill-stone running round in a circle, under which you shall crush your Pears or Apples, and then straining them thorow a bag of hair-cloth, run up the same (after it hath been a little settled) into Hog-heads, Barrels, and other close vessels.

Now after you have prest all, you shall save that which is within the hair-cloth bag, and putting it into severall vessels, put a pretty quantity of Water thereunto, and after it hath stood a day or two, and hath been well stirred together, presse it over also againe, for this will make a small Perry or Cider, and must be
 spent

spent first. Now of your best slder that which you make of your summer, or sweet fruit, you shall call summer, or sweet cider or, perry, and that you shall spend first also; and that which you make of the winter and hard fruit, you shall call winter and lowre cider, or perry; and that you may spend last, for it will endure the longest.

Thus after our *English house-wife* is experienced in *Of Baking* the brewing of these severall drinkes, shee shall then look into her Bake-house, and to the making of all sorts of bread, either for Masters, servants, or hinds, and to the ordering and compounding of the meale for each severall use.

To speak then first of meales for bread, they are either simple or compound, simple, as Wheat, and Rye, or compound, as Rye and Wheat mixt together, or Rye, Wheat and Barley mixt together; and of these the oldest meal is ever the best, and yeeldeth most, so it be sweet, & untainted, for the preservation whereof, it is meet that you cleanse your meale well from the bran, and then keep it in sweet vessels. *Ordering of Meale.*

Now for the baking of bread of your simple meales *Baking Manchet.* your best and principall bread is manchet, which you shall bake in this manner: First your meal being ground upon the black stones, if it be possible, which make the whitest flower, and boulded through the finest boulding cloth, you shall put it into a cleane Kimmel, and opening the flower hallow in the midst, put into it of the best Ale-barme, the quantity of three pints to a bushell of meale, with some salt to season it with: then put in your liquor reasonable warm and knead it very well together with both your hands, and through the brake, or for want thereof, fold it in a cloath, and with
 your

your feet tread it a good space together, then letting it lie an hour or thereabouts to swell, take it forth and mold it into manchets, round and flat scotch them about the waist to give it leave to rise, and prick it with your knife in the top, and so put it into the Oven, and bake it with a gentle heat.

Baking Cheate
Bread.

To bake the best cheate bread, which is also simply of Wheat onely, you shall after your meale is dressed and bouted through a more course boulder then was used for your manchets, and put also into a cleastub, trough, or kinnell, take a sowre leaven, that is, a piece of such like leaven saved from a former batch, and well filled with salt, and so laid up to sowr, and this sowre leaven you shall break into small pieces into warm water, and then strain it, which done, make a deepe hollow hole, as was before said in the midst of your flower, & therein pour your strained liquor then with your hand mixe some part of the flower therewith, till the liquor be as thick as a pancake batter then cover it all over with meal, and so let it lie all that night, the next morning stirre it, and all the rest of the meal well together, and with a little more warm water barm, and salt to season it with, bring it to a perfect leaven stiffe, and firme; then kneade it, break it, and read it, as was before said in the manchets, & so mold it up in reasonable bigge loaves, and then bake it with an indifferent good heater, and thus according to these two examples before shewed, you may break leavened or unleavened whatsoever, whether it be simple corn, as Wheat or Rye of it selfe, or compound grain, as Wheate and Rye, or Wheat and Barley, or Rye and Barley, or any other mixt white corne; onely because Rye is a little stronger grain then Wheate, it shall be good

good for you to put your water a little hotter then you did to your wheat.

For your brown bread, for bread or your hinderservants, which is the courtest bread for mans use, you shall take of barley two bushels, of pease two pecks, of Wheat or Rye a pecke, a pecke of Malt; these you shall grind altogether, and dresse it through a meale sive, then putting it into a sowre trough, set liquor on the fire, and when it boyles let one put on the water, & another with a mash rudder stir some of the flower with it after it hath been seasoned with salt, and so let it be till the next day, and then putting to the rest of the flower, work it up into stiffe leaven, then mould it and bake it into great loaves with a very strong heat; now if your trough be not sowre enough to sowr your leaven, then you shall either let it lie longer in the trough, or else take the help of a sowre leaven with your boiling water: for you must understand, that the hotter your liquor is, the lesse will the smell or ranknesse of the pease be received. And thus much for the baking of any kind of bread, which our *English Housewife* shall have occasion to use for the maintenance of her family.

Generall observations
in the brew-
house and
bake-house,

As for the generall observations to be respected in the Brew-house or Bake-house, they be these: first, that your Brew-house be seated in so convenient a part of the house, that the smoke may not annoy your other more private rooms; then that your furnace be made close & hollow for saving fuel, & with a vent for the passage of smoke, lest it taint your liquor; then that you prefer a Copper before a Lead, next that your Mash-fat be ever nearest to your Lead, your cooler nearer your Mash-fat, and your Guilt under

under your cooler, and adjoyning to them all severall
clean tubs to receive your worts and liquors: then in
your Bake-house you shall have a fair boulting house
with large pipes to bould meale in, faire troughes to
lay leaven in, and sweet safes receive your-bran: you
shall have boulders, searfes, raunges and meale sives of
all sorts both fine and course; you shal have fair tables
to mould on, large ovens to break in the soales thereof
rather of one or two intire stones then of many bricks
and the mouth made narrow, square and easie to be
close covered: as for your peeles, cole-rakes, maukins
and such like, though they be necessary yet they are
of such generall use they need no further relation. And
thus much for a full satisfaction to al the *Husbands*, and

Hous-wives of this Kingdome, touching Brewing,
Baking and all whatsoever else appertai-
neth to either of their offices.

The end of the English house-wife.

FINIS.